Chef express





The Herald Bulletin

slow cooker

recipes for busy people



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introduction

Introducing the Slow Cooker Recipes for Busy People! This cookbook is designed for anyone who wants to enjoy delicious and nutritious meals without spending hours in the kitchen. Whether you're a busy parent, a working professional, or just someone who loves to cook, these recipes are sure to please even the pickiest eaters.



slow cooker
recipes for busy people









- The slow cooker is a versatile and user-friendly appliance that allows you to create a wide range of recipes with minimal effort. With its spacious interior and intuitive controls, you can easily prepare large batches of food, making it perfect for feeding a hungry family or preparing meals for the week ahead.

- One of the key benefits of the slow cooker is its ability to cook food slowly and evenly. This gentle cooking process allows the flavors of your ingredients to develop fully, resulting in rich and flavorful dishes. From hearty stews and comforting soups to tender roasts and decadent desserts, the slow cooker is your go-to appliance for creating delicious meals with minimal effort.

- In this cookbook, you'll find a wide variety of recipes that are perfect for busy people. From quick and easy breakfasts to satisfying dinners, these recipes are designed to help you make the most of your time in the kitchen. With helpful tips and tricks throughout the cookbook, you'll learn how to get the most out of your slow cooker.

- So why wait? Pick up your copy of Slow Cooker Recipes for Busy People today and start enjoying delicious and nutritious meals with minimal effort. Whether you're a busy parent, a working professional, or just someone who loves to cook, this cookbook is sure to become an indispensable part of your kitchen.







Difficulty scale

■□□ | Easy to do

■■□ | Requires attention

■■■ | Requires experience

slow cooker
beef stew

■□□ | Cooking time: Low for 8-10 Hours or on High 4-6 Hours - Preparation time: 15 minutes

ingredients

- 1½ to 2 pounds of beef stew meat, cut into 1-inch cubes
- 4 cups beef broth
- ½ cup red wine (optional)
- 1 onion, chopped
- 3 cloves garlic, minced
- 4 carrots, peeled and cut into chunks
- 4 potatoes, peeled and cut into chunks
- 2 celery stalks, chopped
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary
- Salt and pepper to taste
- 2 tablespoons cornstarch (optional, for thickening)

method

1. Prep the Ingredients: Cut the beef stew meat into 1-inch cubes and season with salt, pepper, dried thyme, and dried rosemary, and chop the onion, garlic, carrots, potatoes, and celery.
2. Layer Ingredients in the Slow Cooker: Place the seasoned beef cubes in the bottom of the slow cooker. Add the chopped onion, garlic, carrots, potatoes, and celery on top.
3. Add Liquid: Pour the beef broth and red wine (if using) over the ingredients in the slow cooker.
4. **Cook:** Cover and cook on low for 8-10 hours or on high for 4-6 hours, or until the beef is tender and the vegetables are cooked through. If desired, you can thicken the stew by mixing 2 tablespoons of cornstarch with 2 tablespoons of cold water and stirring it into the stew during the last 30 minutes of cooking.

Serves 4-6 people



tip from the chef

Serve with warmed French bread for dipping!





chicken tacos

■■□ | Cooking time: Low for 6-8 Hours or on High 3-4 Hours -
Preparation time: 15 minutes

method

1. Place the chicken breasts in the bottom of the crockpot. Sprinkle the taco seasoning evenly over the chicken. Pour the chicken broth and salsa over the chicken
2. Add the black beans, corn, and diced tomatoes to the crockpot, spreading them evenly over the chicken.
3. Cover and cook on low for 6-8 hours or on high for 3-4 hours, or until the chicken is cooked through and tender. Once done, use two forks to shred the chicken directly in the crockpot.
4. **Assemble Tacos:** Warm the taco shells or tortillas according to package instructions. To assemble the tacos, place some shredded chicken and the desired toppings (cheese, cilantro, lettuce, onions, etc.) in each taco shell or tortilla.

10-12 tacos, serving 4-6 people

ingredients

- **1.5 lbs boneless, skinless chicken breasts (about 3-4 breasts)**
- **1 packet of taco seasoning**
- **1 cup chicken broth**
- **1 cup salsa (your favorite kind)**
- **1 can (15 ounces) black beans, drained and rinsed**
- **1 can (15 ounces) corn, drained**
- **1 cup diced tomatoes**
- **1 cup shredded cheese (cheddar or Mexican blend)**
- **½ cup chopped fresh cilantro (optional)**
- **10-12 taco shells or tortillas (soft or hard, your preference)**

Optional taco toppings: **shredded lettuce, diced onions, diced tomatoes, sour cream, avocado, lime wedges, etc.**

tip from the chef

Enjoy your delicious and flavorful crockpot chicken tacos with some yellow rice!



savory slow cooker pot roast

■■□ | Cooking time: low for 8-10 hours or on high for 4-6 hours - Preparation time: 15 minutes

ingredients

- 3-4 pounds beef chuck roast
- Salt and pepper to taste
- 2 tablespoons vegetable oil
- 1 onion, sliced
- 4 cloves garlic, minced
- 2 cups beef broth
- ½ cup red wine (optional)
- 2 tablespoons tomato paste
- 2 tablespoons Worcestershire sauce
- 2 teaspoons dried thyme
- 2 teaspoons dried rosemary
- 4 large carrots, peeled and cut into chunks
- 4 large potatoes, peeled and cut into chunks
- 2 stalks celery, chopped
- 2 bay leaves

method

1. Season the beef chuck roast generously with salt and pepper. Heat the vegetable oil in a large skillet over medium-high heat. Once the oil is hot, add the beef roast and sear it on all sides until browned, about 3-4 minutes per side.
2. Place the sliced onion and minced garlic in the bottom of the slow cooker. Place the browned beef roast on top of the onions and garlic.
3. In a bowl, mix the beef broth, red wine (if using), tomato paste, Worcestershire sauce, dried thyme, and dried rosemary. Pour this mixture over the beef roast in the slow cooker. Add the bay leaves.
4. Cover and cook on low for 8-10 hours or on high for 4-6 hours, or until the beef is fork-tender. About 1 hour before the end of the cooking time, add the carrot, potato, and celery chunks to the slow cooker.

Serves 6-8 people



tip from the chef

Enjoy your delicious and savory slow cooker pot roast!





creamy tomato
basil tortellini soup

■■□ | Cooking time: Low for 6-8 Hours or on High 3-4 Hours -
Preparation time: 15 minutes

method

1. In the slow cooker, combine the whole tomatoes (undrained), tomato sauce, chopped onion, minced garlic, and chopped fresh basil (or dried basil). Add the chicken or vegetable broth and stir to combine.
2. Cover and cook on low for 6-8 hours or on high for 3-4 hours, or until the tomatoes are tender and the flavors are well combined.
3. **Blend Soup:** Once the soup is cooked, use an immersion blender or transfer the soup in batches to a blender and blend until smooth. If you prefer a chunkier soup, you can leave some chunks of tomatoes.
4. Add the uncooked tortellini, and cooked shredded chicken (if using) cover and cook on high for 15 minutes or until pasta is tender. Stir in the heavy cream and season with salt and pepper to taste.

Approximately 6 servings

ingredients

- **2 cans (28 ounces each) whole tomatoes, undrained**
- **1 can (14 ounces) tomato sauce**
- **1 onion, chopped**
- **2 cloves garlic, minced**
- **¼ cup chopped fresh basil (or 1 tablespoon dried basil)**
- **2 cups chicken or vegetable broth**
- **1 cup heavy cream**
- **Salt and pepper to taste**
- **1 package of uncooked cheese tortellini**
- **1 cup cooked chicken, chopped (optional)**

Optional toppings:
shredded cheese, croutons, chopped fresh basil, etc.

tip from the chef

Enjoy your delicious and creamy tomato basil tortellini soup with all the topping!



pulled pork perfection

■■□ | Cooking time: low for 8-10 hours or on high for 4-6 hours - Preparation time: 15 minutes

ingredients

- 3-4 pounds pork shoulder or pork butt
- Salt and pepper to taste
- 1 tablespoon vegetable oil
- 1 onion, chopped
- 4 cloves garlic, minced
- 1 cup chicken broth
- 1 cup barbecue sauce (your favorite kind)
- 2 tablespoons apple cider vinegar
- 2 tablespoons honey
- 1 tablespoon Worcestershire sauce
- 1 teaspoon smoked paprika
- ½ teaspoon cayenne pepper (optional, for heat)
- ½ teaspoon ground cumin
- ½ teaspoon dried thyme
- Hamburger buns or sandwich rolls, for serving
- Optional coleslaw, for topping

method

1. Season the pork shoulder or pork butt generously with salt and pepper. Heat the vegetable oil in a large skillet over medium-high heat. Once the oil is hot, add the pork and sear it on all sides until browned, about 3-4 minutes per side.
2. Place the chopped onion and minced garlic in the bottom of the slow cooker. Place the seared pork on top of the onions and garlic.
3. In a bowl, mix the chicken broth, barbecue sauce, apple cider vinegar, honey, Worcestershire sauce, smoked paprika, cayenne pepper (if using), ground cumin, and dried thyme. Pour this mixture over the pork in the slow cooker.
4. Cover and cook on low for 8-10 hours or on high for 4-6 hours, or until the pork is fork-tender and easily shreds with a fork, remove it from the slow cooker and shred it using two forks. Return the shredded pork to the slow cooker and mix it with the sauce. Serve the pulled pork on hamburger buns or sandwich rolls, topped with coleslaw if desired.

Approximately 8-10 servings



tip from the chef

Serve with french fries and extra barbeque sauce for dipping!





hearty slow cooker chili

■■□ | Cooking time: Low for 6-8 Hours or on High 3-4 Hours - Preparation time: 15 minutes

method

1. Heat the vegetable oil in a large skillet over medium-high heat. Add the chopped onion and minced garlic, and cook until softened, about 3-4 minutes. Add the ground beef and ground pork to the skillet, breaking it up with a spoon, and cook until browned and cooked through, about 5-7 minutes.
2. Transfer the cooked meat mixture to the slow cooker. Add the drained and rinsed kidney beans and black beans, diced tomatoes, tomato sauce, beef broth, chili powder, ground cumin, dried oregano, smoked paprika, salt, and pepper to the slow cooker. Stir to combine.
3. Cover and cook on low for 6-8 hours or on high for 3-4 hours, or until the chili is heated through and the flavors are well combined.

Approximately 8-10 servings

ingredients

- **1 tablespoon vegetable oil**
- **1 onion, chopped**
- **3 cloves garlic, minced**
- **1 pound ground beef**
- **1 pound ground pork**
- **1 can (15 ounces) kidney beans, drained and rinsed**
- **1 can (15 ounces) black beans, drained and rinsed**
- **1 can (15 ounces) diced tomatoes**
- **1 can (15 ounces) tomato sauce**
- **1 cup beef broth**
- **1 tablespoon chili powder**
- **1 tablespoon ground cumin**
- **1 teaspoon dried oregano**
- **1 teaspoon smoked paprika**
- **Salt and pepper to taste**

tip from the chef

Serve the chili hot, topped with your favorite toppings such as shredded cheese, sour cream, chopped green onions, chopped fresh cilantro, diced avocado, jalapeno peppers etc. and crackers!



slow cooker
baby back ribs

■□□ | Cooking time: Low for 7-8 Hours or on High 3-4 Hours - Preparation time: 10 minutes

ingredients

- 3 pounds baby back ribs, trimmed
- salt and ground black pepper, to taste
- ½ cup water
- ½ onion, sliced
- 1 clove garlic, minced
- 1 (18 ounce) bottle barbeque sauce

method

1. Gather all ingredients.
2. Season ribs with salt and pepper.
3. Pour ½ cup water into the slow cooker, then add ribs. Scatter onion and garlic over top.
4. Cover and cook on Low for 8 hours or High for 4 hours. When the ribs are almost finished, preheat the oven to 375 degrees F (190 degrees C).
5. Transfer ribs from the slow cooker to a baking sheet; discard onion and garlic. Coat ribs with barbeque sauce.
6. Bake ribs in the preheated oven until sauce caramelizes and sticks to meat, 10 to 15 minutes.

Servings 6



tip from the chef

How easy is this! All you need is some store bought potato salad and some warmed french bread!





brats & sauerkraut

■□□ | Cooking time: 4 hours - Preparation time: 10 minutes

method

1. In a large skillet over medium heat, melt 1 Tbsp of the butter in the pan. Once it's heated, sear the brats until brown for 3 minutes on each side.
2. Add the sauerkraut with it's liquid to the slow cooker. Add the beer, and onions.
3. Place the brats on top and dot with the remaining butter.
4. Press the sausages down into the sauerkraut and liquid to nestle, while they don't need to be fully covered in liquid, having them partially down in the beer and sauerkraut liquid helps to keep them moist.
5. Cover and cook on high for 4 hours, or until the internal temperature is 160 F. Brats do well up to 190F.

Serves 5

ingredients

- **1 package brats (usually comes 5 to a pack)**
- **2 Tbsp butter**
- **2 cups sauerkraut, do not drain**
- **½ large onion, sliced**
- **1 bottle of beer**

tip from the chef

Swap the beer with apple juice, water, or broth if you want to make a no beer recipe. Serve with store bought German Potato Salad!



bbq pulled chicken sandwich

■□□ | Cooking time: Low for 6-8 Hours or on High 3-4 Hours - Preparation time: 15 minutes

ingredients

- 2 pounds boneless, skinless chicken breasts
- ½ cup barbecue sauce (your favorite kind)
- ¼ cup ketchup
- 2 tablespoons brown sugar
- 2 tablespoons apple cider vinegar
- 1 tablespoon Worcestershire sauce
- 1 teaspoon smoked paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- Salt and pepper to taste
- Hamburger buns or sandwich rolls, for serving

Optional toppings: shredded cheese, coleslaw, pickles, etc.

method

1. In the slow cooker, combine the barbecue sauce, ketchup, brown sugar, apple cider vinegar, Worcestershire sauce, smoked paprika, garlic powder, onion powder, salt, and pepper. Stir to combine.
2. Place the boneless, skinless chicken breasts in the slow cooker, coating them with the barbecue sauce mixture. Cover and cook on low for 6-8 hours or on high for 3-4 hours, or until the chicken is cooked through and tender.
3. Shred Chicken: Once the chicken is cooked, remove it from the slow cooker and shred it using two forks. Return the shredded chicken to the slow cooker and mix it with the sauce.
4. Serve: Serve the barbecue pulled chicken hot on hamburger buns or sandwich rolls, topped with your favorite toppings such as shredded cheese, coleslaw, pickles, etc.

Services 6-8



tip from the chef

Baked Beans and potato chips are a great side dish!





slow cooker
chicken curry

■■□ | Cooking time: Low for 6-8 Hours or on High 3-4 Hours - Preparation time: 20 minutes

method

1. Season the chicken thighs with salt and pepper. Heat the vegetable oil in a large skillet over medium-high heat. Once the oil is hot, add the chicken thighs and brown them on all sides, about 3-4 minutes per side. Transfer the browned chicken to the slow cooker.
2. In the same skillet, add the chopped onion, minced garlic, and grated fresh ginger. Cook, stirring occasionally, until the onion is softened, about 3-4 minutes. Add the curry powder, ground turmeric, ground cumin, ground coriander, ground cinnamon, and ground cardamom to the skillet. Cook, stirring constantly, for 1-2 minutes until fragrant. Transfer the onion and spice mixture to the slow cooker with the chicken, add the coconut milk, diced tomatoes, chicken broth, tomato paste, brown sugar, and lime juice. Stir to combine.
3. Cover and cook on low for 6-8 hours or on high for 3-4 hours, or until the chicken is cooked through and tender. About 30 minutes before the end of the cooking time, add the frozen peas to the slow cooker. Stir to combine.

Serves 4-6 people

ingredients

- **1½ lbs boneless, skinless chicken thighs, cut into bite-sized pieces**
- **Salt and pepper to taste**
- **1 tablespoon vegetable oil**
- **1 onion, chopped**
- **3 cloves garlic, minced**
- **1 tablespoon grated fresh ginger**
- **2 tablespoons curry powder**
- **1 teaspoon ground turmeric**
- **1 teaspoon ground cumin**
- **1 teaspoon ground coriander**
- **½ teaspoon ground cinnamon**
- **½ teaspoon ground cardamom**
- **1 can (14 ounces) coconut milk**
- **1 can (14 ounces) diced tomatoes**
- **1 cup chicken broth**
- **2 tablespoons tomato paste**
- **2 tablespoons brown sugar**
- **Juice of 1 lime**
- **1 cup frozen peas**
- **Fresh cilantro, chopped, for garnish**
- **Cooked rice or naan, for serving**

tip from the chef

Serve the chicken curry hot, garnished with fresh cilantro, with cooked rice and naan flatbread on the side.



farmhouse ham
and vegetable chowder

■■□ | Cooking time: 6-8 hours - Preparation time: 20 minutes

ingredients

- 1 lb of ham, diced
- 1 onion, diced
- 2 cloves of garlic, minced
- 2 cups of diced potatoes
- 1 cup of sliced carrots
- 1 cup of sliced celery
- 1 cup of frozen corn
- 1 cup of frozen broccoli florets (optional)
- 4 cups of chicken broth
- 1 cup of half-and-half
- 1 tsp of dried thyme
- Salt and pepper to taste
- 2 tbsp of cornstarch

method

1. Place the diced ham, onion, garlic, potatoes, carrots, corn, broccoli, and celery in a slow cooker.
2. Add the chicken broth and dried thyme to the slow cooker.
3. Cook on low for 6-8 hours or until the vegetables are tender.
4. In a small bowl, whisk together the half-and-half and cornstarch until smooth. Stir the mixture into the slow cooker.
5. Cook on high for an additional 30 minutes or until the chowder has thickened.

Serves 6-8 people



tip from the chef

Serve the chowder hot with thick sliced sourdough bread!





slow cooker
turkey breast

■■□ | Cooking time: 6 hours 25 minutes - Preparation time: 10 minutes

method

1. Pat thawed turkey breast dry.
2. Spread butter under the skin and season with salt and pepper.
3. Put the water or chicken broth in the slow cooker and place turkey in the slow cooker.
4. Turn Slow Cook on LOW for 6 hours (do not use high) or until the internal temperature reads 165F/75C when the thermometer is inserted into the middle.
5. **Crisp The Skin:** Preheat the oven to 375F.
6. Remove turkey breast from the slow cooker and place into a heat proof baking dish. Cover with foil and place in the oven for 15 -25 minutes, remove foil and cook until skin is browned on top.

Serves 3 to 4

ingredients

- **6 lb Turkey Breast, (depending on the size of your slow cooker) skin on, bone in, thawed**
- **2 tablespoons butter**
- **½ teaspoon salt and ½ teaspoon pepper**
- **2 cups water or chicken broth**

tip from the chef

Serve with mashed potatoes, gravy, green beans and dinner rolls!



wisconsin beer cheese soup

■■□ | Cooking time: Low for 6 hours or High for 2-3 hour - Preparation time: 20 minutes

ingredients

- 2 tbsp olive oil
- 2 slices bacon
- 1 small onion and green pepper diced very small
- 2 celery stalks, chopped
- 2 carrots, peeled and chopped
- 1 garlic clove, minced
- 1½ tbsp all-purpose flour
- 2 cup chicken or vegetable broth
- 2 tsp Worcestershire sauce
- ½ teaspoon black pepper
- ¼ tsp salt
- 12oz bottle Oktoberfest seasonal beer or hard, dry cider
- ½ cup half & half
- 2 cups extra sharp cheddar cheese, grated

method

1. Heat the oil in a small skillet and sauté the bacon, onion, green pepper, celery, carrot & garlic for 2 - 3 minutes.
2. Stir in the flour and transfer mixture to the slow cooker.
3. Stir in the chicken broth, Worcestershire sauce, pepper, salt & beer/cider.
4. Cover and cook on LOW for 6 hours or HIGH for 2-3 hours, remove lid and stir in the cheese until melted then the half and half.

Serves 6



tip from the chef

Serve with store bought baked pretzels!





minestrone soup

■■□ | Cooking time: Low for 6-8 Hours or on High 3-4 Hours - Preparation time: 15 minutes

method

1. **Cook Vegetables:** Heat the olive oil in a large skillet over medium-high heat. Add the chopped onion, minced garlic, diced carrots, chopped celery, and diced zucchini to the skillet. Cook, stirring occasionally, until the vegetables are softened, about 5-7 minutes. Transfer the cooked vegetables to the slow cooker. Add the diced tomatoes, kidney beans, cannellini beans, green beans, vegetable broth, water, dried basil, dried oregano, dried thyme, dried rosemary, salt, and pepper to the slow cooker. Stir to combine.
2. Cover and cook on low for 6-8 hours or on high for 3-4 hours, or until the vegetables are tender and the flavors are well combined.
3. About 30 minutes before the end of the cooking time, add the small pasta to the slow cooker. Stir to combine.

Serves approximately 6-8 people

ingredients

- **2 tablespoons olive oil**
- **1 onion, chopped**
- **2 cloves garlic, minced**
- **2 carrots, peeled and diced**
- **2 celery stalks, chopped**
- **1 zucchini, diced**
- **1 can (14 ounces) diced tomatoes**
- **1 can (15 ounces) kidney beans, drained and rinsed**
- **1 can (15 ounces) cannellini beans, drained and rinsed**
- **1 can (15 ounces) green beans, drained and rinsed**
- **4 cups vegetable broth**
- **2 cups water**
- **1 teaspoon dried basil**
- **1 teaspoon dried oregano**
- **1 teaspoon dried thyme**
- **1 teaspoon dried rosemary**
- **Salt and pepper to taste**
- **1 cup small pasta (such as ditalini or macaroni)**
- **Fresh parsley, chopped, for garnish**
- **Grated Parmesan cheese, for garnish**

tip from the chef

Serve the minestrone hot, garnished with chopped fresh parsley and grated Parmesan cheese.



teriyaki chicken

■□□ | Cooking time: Low for 6-8 Hours or on High 3-4 Hours - Preparation time: 15 minutes

ingredients

- 2 lbs boneless, skinless chicken thighs or breasts
- ½ cup soy sauce
- ¼ cup honey
- ¼ cup brown sugar
- 2 tablespoons rice vinegar
- 2 cloves garlic, minced
- 1 teaspoon grated fresh ginger
- 1 tablespoon cornstarch
- 2 tablespoons cold water
- Optional toppings: sliced green onions, sesame seeds, etc.

method

1. Place the boneless, skinless chicken thighs or breasts in the bottom of the crockpot.
2. In a small bowl, whisk together the soy sauce, honey, brown sugar, rice vinegar, minced garlic, and grated fresh ginger. Pour the teriyaki sauce over the chicken in the crockpot.
3. Cover and cook on low for 6-8 hours or on high for 3-4 hours, or until the chicken is cooked through and tender.
4. About 30 minutes before the end of the cooking time, mix the cornstarch and cold water in a small bowl to make a slurry. Stir the slurry into the teriyaki sauce in the crockpot. This will help thicken the sauce.

Serves 4 people



tip from the chef

Serve the teriyaki chicken hot, garnished with sliced green onions, sesame seeds, on a bed of rice with a side of broccoli!





italian beef hoagies

■□□ | Cooking time: 8 hours - Preparation time: 10 minutes

method

1. Place roast in a 5-qt. slow cooker. Combine the salad dressing mix and water; pour over roast. Cover and cook on low for 8-10 hours or until meat is tender.
2. Remove meat; shred with 2 forks and return to the slow cooker. Add pepper rings; heat through. Put 2 cheese slices on each hoagie bun and spoon ½ cup meat mixture onto each bun.

Serves 8

ingredients

- **1 beef sirloin tip roast (4 pounds), halved**
- **2 envelopes Italian salad dressing mix**
- **2 cups water**
- **1 jar (16 ounces) mild pickled pepper rings, undrained**
- **16 Provolone cheese slices (optional)**
- **8 hoagie buns, split**

tip from the chef

Serve with steamed green peppers and onions and your favorite macaroni salad or french fries!



corn beef
& cabbage

■□□ | Cooking time: 8 hours - Preparation time: 10 minutes

ingredients

- 8 small red potatoes
- 2 cups baby carrots
- 1 small onion, quartered
- 1 corned beef brisket, rinsed and trimmed (4 pounds)
- 2 tablespoons mixed pickling spice
- 1 teaspoon minced garlic
- ½ head cabbage, cored and cut into wedges

method

1. Place potatoes, carrots and onion in 6-quart slow cooker. Place corned beef brisket over vegetables. Sprinkle with pickling spice and minced garlic. Add enough water (about 8 cups) to just cover meat. Cover.
2. Cook 7 hours on HIGH. Add cabbage and cover. Cook 1 to 2 hours on HIGH or until cabbage is tender-crisp.
3. Remove corned beef brisket to serving platter. Slice thinly across the grain. Serve with vegetables.

Serves 12



tip from the chef

Serve with creamy horseradish sauce!





buffet meatballs

■□□ | Cooking time: 4 hours - Preparation time: 10 minutes

method

1. In a small saucepan, combine juice, jelly, ketchup and tomato sauce. Cook and stir over medium heat until jelly is melted.
2. Place meatballs in a 5-qt. slow cooker. Pour sauce over the top and gently stir to coat. Cover and cook on low 4-5 hours or until heated through. If desired, sprinkle with parsley.

Serves 10

ingredients

- **1 cup grape juice**
- **1 cup apple jelly**
- **1 cup ketchup**
- **1 can (8 ounces) tomato sauce**
- **1 package (64 ounces) frozen fully cooked Italian meatballs**
- **Minced fresh parsley, optional**

tip from the chef

This recipe is perfect for your party planning or Pot Luck get-togethers!



sloppy joes

■□□ | Cooking time: 5 Hours - Preparation time: 10 minutes

ingredients

- 3 lbs ground beef or you can use ground turkey
- ⅓ cup brown sugar
- ⅓ cup mustard
- 1½ cups ketchup
- 12 hamburger buns

method

1. Brown the ground beef and add to the slow cooker.
2. Add in the rest of the ingredients to the slow cooker. Stir to combine.
3. Cook on low for 3-5 hours.
4. Serve on hamburger buns.

Serves 12



tip from the chef

Serve with french fries or tater tots!





beef
and broccoli

■□□ | Cooking time: Low for 4-6 Hours or on High 2-3 Hours - Preparation time: 15 minutes

method

1. In a large bowl, combine the thinly sliced flank steak or sirloin steak with the soy sauce, brown sugar, sesame oil, minced garlic, and minced ginger. Mix until the meat is well-coated. Let marinate for at least 30 minutes, or overnight in the refrigerator if you have the time.
2. In a small bowl, mix the cornstarch and water to make a slurry. Set aside. In another small bowl, mix the beef broth and any remaining marinade from the beef. Set aside.
3. Place the marinated beef in the slow cooker. Add the beef broth mixture to the slow cooker. Cover and cook on low for 4-6 hours or on high for 2-3 hours, or until the beef is cooked through and tender. About 30 minutes before the end of the cooking time, add the broccoli florets to the slow cooker. Stir to combine.
4. Once the beef and broccoli are cooked, stir in the cornstarch slurry. Cook for an additional 10-15 minutes, or until the sauce has thickened.

Serves 4-6

ingredients

- **1½ lbs flank steak or sirloin steak, thinly sliced**
- **½ cup soy sauce**
- **¼ cup brown sugar**
- **1 tablespoon sesame oil**
- **1 tablespoon minced garlic**
- **1 tablespoon minced ginger**
- **1 tablespoon cornstarch**
- **¼ cup water**
- **1 cup beef broth**
- **4 cups broccoli florets**
- **Cooked rice, for serving**
- **Optional toppings: sliced green onions, sesame seeds, etc.**

tip from the chef

Serve the beef and broccoli hot, over cooked rice, garnished with your favorite toppings such as sliced green onions, sesame seeds, etc.



pulled
beef tacos

■■□ | Cooking time: low for 8-10 hours or on high for 4-6 hours -
Preparation time: 10 minutes

ingredients

- 2 lbs beef chuck roast, trimmed of excess fat
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 can (14.5 ounces) diced tomatoes
- 1 can (4 ounces) diced green chilies
- 2 tablespoons chili powder
- 1 tablespoon ground cumin
- 1 tablespoon smoked paprika
- 1 tablespoon brown sugar
- 1 teaspoon dried oregano
- Salt and pepper to taste
- Corn or flour tortillas, for serving

method

1. **Prepare Beef:** Season the beef chuck roast with salt and pepper. Place the beef chuck roast in the slow cooker.
2. **Add Ingredients to Slow Cooker:** To the slow cooker, add the chopped onion, minced garlic, diced tomatoes, diced green chilies, chili powder, ground cumin, smoked paprika, brown sugar, and dried oregano. Stir to combine.
3. **Cook:** Cover and cook on low for 8-10 hours or on high for 4-6 hours, or until the beef is cooked through and tender.
4. **Shred Beef:** Once the beef is cooked, remove it from the slow cooker and shred it using two forks. Return the shredded beef to the slow cooker and mix it with the sauce.
5. **Serve:** Serve the pulled beef hot, in corn or flour tortillas, garnished with your favorite toppings.

Serves 6-8 people



tip from the chef

Serve with shredded cheese, shredded lettuce, diced tomatoes, sour cream, chopped fresh cilantro, and avocados!





lemon garlic herb chicken

■□□ | Cooking time: Low for 6-8 Hours or on High 3-4 Hours - Preparation time: 15 minutes

method

1. Prepare Chicken: Season the boneless, skinless chicken breasts with salt and pepper. Place the chicken breasts in the bottom of the slow cooker.
2. Add Ingredients: To the slow cooker, add the sliced lemon, minced garlic, chopped fresh rosemary, chopped fresh thyme, chopped fresh parsley, and olive oil. Rub the olive oil and herb mixture over the chicken breasts.
3. Cook: Cover and cook on low for 6-8 hours or on high for 3-4 hours, or until the chicken is cooked through and tender.
4. Serve: Serve the lemon garlic herb chicken hot, garnished with optional toppings such as chopped fresh parsley, lemon slices, etc.

Serves approximately 4

ingredients

- **2 lbs boneless, skinless chicken breasts**
- **1 lemon, sliced**
- **4 cloves garlic, minced**
- **2 tablespoons chopped fresh rosemary**
- **2 tablespoons chopped fresh thyme**
- **2 tablespoons chopped fresh parsley**
- **2 tablespoons olive oil**
- **Salt and pepper to taste**

Optional toppings: **chopped fresh parsley, lemon slices, etc.**

tip from the chef

Serve with linguine pasta and a lemon butter sauce!



hearty slow-cooker breakfast hash

■■□ | Cooking time: 5 hours - Preparation time: 25 minutes

ingredients

- 8 to 10 frozen fully cooked breakfast sausage links
- 4 cups diced red potatoes (about 1-½ pounds)
- 4 medium carrots, diced
- 2 green onions, thinly sliced (white and pale green parts only)
- 2 tablespoons extra virgin olive oil
- 1 tablespoon red wine vinegar
- 1 tablespoon plus 2 teaspoons snipped fresh dill, divided
- 1 teaspoon kosher salt
- ½ teaspoon coarsely ground pepper, divided
- ¼ teaspoon crushed red pepper flakes
- 2 tablespoons crumbled feta cheese
- 1 tablespoon butter
- 4 large eggs
- 2 tablespoons maple syrup

method

1. In a large skillet over medium heat, cook sausages, turning occasionally, until heated through, 8-9 minutes. Combine next 5 ingredients in a 3-qt. slow cooker. Add 1 tablespoon dill, kosher salt, ¼ teaspoon pepper and red pepper flakes. Arrange sausages on top of vegetable mixture. Cook, covered, on low until vegetables are tender, 5-6 hours. Transfer vegetables to a serving platter; sprinkle with feta cheese. Top with sausages.
2. Meanwhile, in a large skillet, heat butter over medium heat. Add eggs; cook to desired doneness. Arrange eggs over vegetables. Sprinkle with remaining dill and pepper; drizzle with maple syrup.

Servings 4



tip from the chef

Great make ahead dish when serving brunch!





mediterranean chickpea stew

■■□ | Cooking time: Low for 6-8 Hours or on High 3-4 Hours - Preparation time: 15 minutes

method

1. **Combine Ingredients in Slow Cooker:** In the slow cooker, combine the drained and rinsed chickpeas, diced tomatoes, chopped onion, minced garlic, chopped carrot, chopped celery, chopped bell pepper, chopped zucchini, vegetable broth, tomato paste, dried oregano, dried basil, dried thyme, salt, and pepper. Stir to combine.
2. **Cook:** Cover and cook on low for 6-8 hours or on high for 3-4 hours, or until the vegetables are tender and the flavors are well combined.
3. **Serve:** Serve the Mediterranean chickpea stew hot, garnished with optional toppings such as chopped fresh parsley, crumbled feta cheese, etc.

Serves approximately 4-6 people

ingredients

- **1 can (15 ounces) chickpeas, drained and rinsed**
- **1 can (14.5 ounces) diced tomatoes**
- **1 onion, chopped**
- **2 cloves garlic, minced**
- **1 carrot, peeled and chopped**
- **1 celery stalk, chopped**
- **1 bell pepper, chopped**
- **1 zucchini, chopped**
- **1 cup vegetable broth**
- **1 tablespoon tomato paste**
- **1 teaspoon dried oregano**
- **1 teaspoon dried basil**
- **½ teaspoon dried thyme**
- **Salt and pepper to taste**

Optional toppings:
chopped fresh parsley, crumbled feta cheese, etc.

tip from the chef

Enjoy your delicious and nutritious slow cooker Mediterranean chickpea stew with some grilled bread slices!



slow cooker
chicken cacciatore

■■□ | Cooking time: Low for 4-5 Hours or on High 1-2 Hours - Preparation time: 15 minutes

ingredients

- 1 tablespoon olive oil plus 2 teaspoons, divided
- 2 pounds boneless skinless chicken breasts
- 1 teaspoon Kosher salt
- ½ teaspoon black pepper
- 1 medium yellow onion chopped
- 3 cloves garlic minced
- 1 tablespoon balsamic vinegar plus ½ teaspoon, divided
- 1 can crushed tomatoes 28 ounces
- 1 medium green bell pepper chopped
- 8 ounces sliced baby bella crimini mushrooms
- 2 teaspoons Italian seasoning

method

1. Lightly coat a large slow cooker with nonstick spray. Heat 1 tablespoon olive oil in a large skillet over medium high. Season both sides of the chicken with salt and pepper. Once the oil is hot and shimmering, add the chicken in a single layer. Cook on the first side for 3 to 4 minutes, until browned, moving the chicken as little as possible so that it gets a nice sear. Flip and brown on the other side, about 2 additional minutes. Transfer the chicken to the slow cooker.
2. Reduce the skillet heat to medium. With a paper towel, carefully wipe out the skillet. Add the remaining 2 teaspoons olive oil. Once the oil is hot, add the onion and cook until beginning to soften, about 3 minutes. Add the garlic and 1 tablespoon balsamic vinegar. Cook for 1 minute, or until the garlic is fragrant and the vinegar has reduced. Transfer to the slow cooker, along with any pan drippings.
3. Top the chicken with the tomatoes, green bell pepper, mushrooms, and Italian seasoning, cover and cook on HIGH for 1-2 hours or LOW 4-5 hours, until the chicken is cooked through. Remove the chicken from the slow cooker as soon as it reaches 165 degrees F or until cooked through.

Serves 4







hawaiian
barbecue slow cooker chicken

■■□ | Cooking time: Low for 6-8 Hours or on High 3-4 Hours - Preparation time: 15 minutes

method

1. Season the boneless, skinless chicken breasts with salt and pepper. Place the chicken breasts in the bottom of the slow cooker.
2. In a small bowl, combine the barbecue sauce, crushed pineapple (with juice), soy sauce, honey, rice vinegar, minced garlic, and grated fresh ginger. Pour the sauce over the chicken breasts in the slow cooker.
3. Cover and cook on low for 6-8 hours or on high for 3-4 hours, or until the chicken is cooked through and tender.
4. About 30 minutes before the end of the cooking time, mix the cornstarch and cold water in a small bowl to make a slurry. Stir the slurry into the sauce in the slow cooker. This will help thicken the sauce.

Serves 4-6 people

ingredients

- **2 lbs boneless, skinless chicken breasts**
- **Salt and pepper to taste**
- **1 cup barbecue sauce (your favorite brand)**
- **1 cup crushed pineapple (fresh or canned)**
- **¼ cup soy sauce**
- **2 tablespoons honey**
- **2 tablespoons rice vinegar**
- **2 cloves garlic, minced**
- **1 teaspoon grated fresh ginger**
- **1 teaspoon cornstarch**
- **1 tablespoon cold water**
- **Cooked rice, for serving**

tip from the chef

Serve the Hawaiian barbecue chicken hot, over cooked rice, garnished with your favorite toppings such as chopped fresh cilantro, sliced green onions, sesame seeds, pineapple slices, etc.



creamy
potato soup

■■□ | Cooking time: 6-8 hours on low or 3-4 hours on high - Preparation time: 15 minutes

ingredients

- 4 cups peeled and diced potatoes
- 1 cup diced onion
- 1 cup diced celery
- 1 cup diced carrots
- 4 cups chicken or vegetable broth
- 1 teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon garlic powder
- ½ teaspoon dried thyme
- 1 cup heavy cream or half-and-half
- 2 tablespoons cornstarch (optional, for thickening)
- ¼ cup chopped fresh parsley (optional, for garnish)

method

1. Combine the diced potatoes, onion, celery, carrots, broth, salt, pepper, garlic powder, and thyme in the crockpot.
2. Cook on low for 6-8 hours or on high for 3-4 hours, until the vegetables are tender.
3. In a small bowl, whisk together the heavy cream and cornstarch (if using) until smooth.
4. Stir the cream mixture into the soup and cook for an additional 30 minutes on low or 15 minutes on high, until the soup is thickened.
5. Serve the soup hot, garnished with chopped parsley if desired.

Serves 4 people



tip from the chef

Enjoy your creamy potato soup with some crusty baked french bread!





pineapple
upside down cake

■■■ | Cooking time: 2 hours 20 minutes - Preparation time: 30 minutes

method

1. Spray your 6 quart oval slow cooker HEAVILY with nonstick spray or rub down with butter or oil. Add the melted butter to the bottom of the slow cooker and sprinkle over the brown sugar. Mix lightly with a spoon and spread out evenly over the bottom of your slow cooker.
2. Lay down the pineapple rings on top of the brown sugar mixture. Add a cherry in the middle of each pineapple.
3. In a medium sized bowl add the cake mix, 1 cup of pineapple juice (if you don't have enough pineapple juice from the can, add water), eggs, oil and vanilla. Mix with a spoon until combined, do not overmix or try to remove the lumps. Pour the batter over the pineapple in the slow cooker. Place the lid on the slow cooker and cook on HIGH for 2 hours. You know your cake is done when the cake is set in the center.
4. Remove the insert to a cooling rack when the cake is done. Let cool for about 20 minutes before attempting to turn over onto a platter or cutting board.
5. Flipping the cake onto a platter or cutting board works best with two people if possible.

Serves 8

ingredients

- **non stick cooking spray**
- **¼ cup salted butter melted**
- **1 cup brown sugar**
- **20 oz. can pineapple rings (save juices)**
- **7-8 maraschino cherries**
- **15.25 oz. yellow cake mix**
- **½ cup oil**
- **1 cup pineapple juice saved from above can**
- **3 large eggs**
- **1 tsp. vanilla extract**

tip from the chef

Serve with vanilla Ice Cream!



apple cinnamon oatmeal

■■□ | Cooking time: 6-8 hours on low or 3-4 hours on high - Preparation time: 10 minutes

ingredients

- 2 cups steel-cut oats
- 4 cups water
- 2 cups milk (any kind, such as cow's milk or almond milk)
- 2 apples, peeled, cored, and diced
- ¼ cup honey or maple syrup
- 1 teaspoon ground cinnamon
- ¼ teaspoon salt

Optional toppings: chopped nuts, dried fruit, additional honey or maple syrup

method

1. Combine the steel-cut oats, water, milk, diced apples, honey or maple syrup, cinnamon, and salt in the slow cooker.
2. Stir everything together until well combined.
3. Cook on low for 6-8 hours or on high for 3-4 hours, until the oats are tender and the liquid is absorbed.
4. Stir the oatmeal well before serving.
5. Serve the oatmeal hot, with optional toppings as desired.

Serves 12 people



tip from the chef

Enjoy your slow cooker apple cinnamon oatmeal with some fresh fruit!



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Chef

express

slow cooker

recipes for busy people

Introducing the Slow Cooker Recipes for Busy People! This cookbook is designed for anyone who wants to enjoy delicious and nutritious meals without spending hours in the kitchen. Whether you're a busy parent, a working professional, or just someone who loves to cook, these recipes are sure to please even the pickiest eaters.

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