

Adapting a Recipe for a Slow Cooker

You can adapt many recipes to be cooked in a slow cooker. To learn some tips see if you can match the statements below with their listed ingredients. Write the number that matches on the line next to the ingredient. There will only be one match for each ingredient.

- Rice or soups _____**
Liquid in normal recipes _____
Meats _____
Fats _____
Vegetables _____
Seafood and frozen vegetables _____
Dried herbs _____
Fresh herbs _____
Cayenne pepper and Tabasco sauce _____
Cooked noodles, macaroni etc. _____
Dry beans _____
Milk based recipes _____
Toppings (crumbs, tomato wedges, grated cheese, etc.) _____



1. Tend to become bitter if cooked too long. Use small amounts and add within the last hour of cooking.
2. Cook until slightly tender and add to the slow cooker within the last hour of cooking.
3. Brown these before adding to the slow cooker for extra flavor and eye appeal.
4. Do not precook this item. This cooks quickly and is best added during the last hour of cooking.
5. Generally keep the same amount of liquid as required in the regular recipe when making these items.
6. Reduce this by 1/3 to 1/2 when converting to a slow cooker.
7. Add these at the beginning of cooking time because the flavor releases slowly into the dish.
8. Remove this before adding to the slow cooker. This will melt with long cooking times and add unpleasant texture to the finished dish.
9. Add these at the end of cooking so they don't lose flavor over the long cooking process.
10. This can break down during extended cooking, so add during the last hour of cooking. Condensed soups are often a good substitute for this for they can be cooked for long periods of time.
11. Add these just before serving.
12. These can be added at the beginning and at the bottom of the pot because they do not often overcook. Unless of course they are really tender to begin with, then add them closer to the end of cooking.
13. Can be pre-soaked (using overnight or quick-soak method) and cooked for at least 10 minutes prior to adding them to the slow cooker.

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Slow Cooking Safety and Cooking Tips

1. Fill your slow cooker $\frac{2}{3}$ full for best results.
2. Use thawed foods. Thaw foods in the refrigerator, not on the counter.
3. Avoid putting the crock through quick temperature changes. This will cause it to crack.
4. Use a food thermometer to check food doneness.
5. Keep perishable food items refrigerated until you need them.
6. Layer vegetables under meat. Add soft vegetables during the last 45 minutes of cooking time.
7. Allow sufficient cooking time.
8. Don't lift the slow cooker lid until the minimum cooking time is reached. This will extend the cooking time for 20-30 more minutes.

Slow Cooker Pinto Beans

2 cups dried pinto beans
8 cups water

Optional ingredients:

1 small onion, chopped
2 cloves garlic, minced
1 teaspoon cumin
 $\frac{1}{2}$ teaspoon pepper
 $\frac{1}{2}$ teaspoon oregano
1 teaspoon salt

Sort beans checking for rocks, dirt, etc. Rinse well. Combine beans and water in slow cooker. Cook on low for 6-8 hours (or overnight) until beans are soft. Add remaining ingredients if desired and cook until onion is tender (about 30 minutes). Beans may be used in any recipe that calls for canned beans, with or without the additional ingredients. They keep in the refrigerator for 3-4 days or may be frozen for later use.

BBQ Pork

6 pork chops*
1 (16 oz) bottle of barbeque sauce

Place pork chops in slow cooker. Pour barbeque sauce evenly over the chops. Cook on low for 8 hours. Shred cooked meat with two forks to make pulled pork.

* You can use any kind of meat such as a beef roast, pork roast, chicken thighs or legs, etc.

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Paprika Chicken

6-8 boneless, skinless chicken breasts
Paprika, generous amount, to taste
1 can cream of chicken soup
1 (4 oz.) can mushrooms, do not drain (optional)
 $\frac{1}{4}$ cup water if using mushrooms; $\frac{1}{2}$ cup if omitting
Salt and pepper to taste
1 cup light sour cream or plain yogurt
Cooked rice, pasta, or mashed potatoes

Place chicken in crock-pot; sprinkle with generous amounts of paprika. Pour soup, mushrooms, and water on top of chicken. Salt and pepper to taste. Cover crock-pot; cook on low 6-8 hours or high 2-4 hours. Add sour cream last 30 minutes of cooking. Serve over rice, pasta, or mashed potatoes.