



3140, 3145, 3164, 3351,  
3355, 3656, 3670, 3950

# **CRUCK•POT® Slow Cooker**

*The Original and America's #1 Brand of Slow Cookers*



## **Owner's Guide**

**READ AND SAVE THESE INSTRUCTIONS**

# IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed, including the following:

1. Read all instructions before using.
2. Do not touch hot surfaces. Use handles or knobs.
3. To protect against electrical shock, do not immerse cord, plug, or cooking unit in water or other liquid. **CAUTION:** Never submerge the heating unit in water or other liquid.
4. Close supervision is necessary when any appliance is used by or near children.
5. Turn control to "OFF" before unplugging from wall outlet. Unplug from outlet when not in use and before cleaning.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner. Return appliance to Rival® (see warranty) for examination, repair or adjustment.
7. The use of accessory attachments not recommended by Rival® may cause fire, electrical shock or injury.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter, or touch heated surfaces.
10. Do not place on or near a hot gas or electric burner, or in a heated oven.
11. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids. Always use hot pads when moving your heated Crock-Pot® slow cooker.
12. Do not use appliance for other than intended use.
13. Avoid sudden temperature changes, such as adding refrigerated foods into a heated pot.

## SAVE THESE INSTRUCTIONS

This appliance is for **HOUSEHOLD USE ONLY**. No user-serviceable parts inside. Power Unit never needs lubrication. Do not attempt to service this product. Do not immerse base in water or other liquid. A short power-supply cord is provided to reduce the hazards resulting from entanglement or tripping over a longer cord. **AN EXTENSION CORD MAY BE USED WITH CARE; HOWEVER, THE MARKED ELECTRICAL RATING SHOULD BE AT LEAST AS GREAT AS THE ELECTRICAL RATING OF THE CROCK-POT® SLOW COOKER.** The extension cord should not be allowed to drape over the counter or tabletop where it can be pulled on by children or tripped over.

**NOTE:** During initial use of this appliance, some slight smoke and/or odor may be detected. This is normal with many heating appliances and will not recur after a few uses.

### POLARIZED PLUG



This appliance has a polarized plug (one blade is wider than the other). As a safety feature, this plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to defeat this safety feature.

## HOW TO USE YOUR CROCK-POT®

1. There are two temperature settings. **LOW** is recommended for slow "all-day" cooking. 1 hour on **HIGH** equals about 2 to 2 ½ hours on **LOW**.
2. Frozen foods such as vegetables and shrimp may be used as part of a recipe. However, do not cook frozen foods such as roasts and chicken unless you add at least 1 cup of liquid. The liquid will act as a "cushion" to prevent sudden changes in temperature. Cook recipes containing frozen meats an additional 4 to 6 hours on **LOW**, or 2 hours on **HIGH**.
3. Always cook with the lid on, for the recommended time.
4. Follow recommended cooking times.
5. Do not use the slow cooker stoneware for storage of foods.
6. Do not reheat foods in your Crock-Pot® slow cooker.
7. Do not set heated unit filled with food on a finished wood table.
8. Unplug when cooking is done and before cleaning.
9. Removable stoneware and glass lids are ovenproof and microwave safe. Do not use plastic lids in microwave or conventional oven. Do not use removable stoneware on gas or electric burner or under broiler.

**CAUTION:** For models with removable stoneware, always place protective padding under bowl before setting on table or countertop.

### PREPARE AHEAD CONVENIENCE!

Fill bowl and refrigerate. When ready to cook, set in electrical base and turn to **LOW** or **HIGH**. Do not preheat electrical base.

## HOW TO CLEAN YOUR CROCK-POT®

Unplug unit. **CAUTION:** Never submerge heating unit in water or other liquid.

- **MODELS WITH PLASTIC LIDS:** the lids may be washed in the dishwasher top rack only.
- **MODELS WITH GLASS LIDS:** the lids may be washed in the dishwasher.

### REMOVABLE STONEWARE

- The removable stoneware goes safely into the dishwasher, or may be washed in hot soapy water. Do not use abrasive cleaning compounds – a cloth, a sponge or rubber spatula will usually remove the residue. To remove water spots and other stains, use a non-abrasive cleaner (such as Bon-Ami® Polishing Cleanser) or vinegar.
- The outside case may be cleaned with a soft cloth and warm soapy water. Wipe dry. Do not use abrasive cleaners.

### NON-REMOVABLE STONEWARE

- Fill stoneware with hot or warm soapy water to loosen food remains. Do not use abrasive cleaning compounds – a cloth, sponge or rubber spatula will usually

remove the residue. If necessary, a plastic cleaning pad may be used. Use a non-abrasive cleaner (such as Bon-Ami® Polishing Cleanser) or vinegar to remove water spots and other stains.

## CARE OF STONEWARE

As with any fine ceramic, the stoneware bowl will not withstand the shock of sudden temperature changes.

- If the stoneware has been preheated or is hot to the touch, do not put in cold foods. Do not preheat Crock-Pot® slow cooker before using unless specified in the recipe. The stoneware should be at room temperature before adding hot foods.
- To wash your stoneware right after cooking, use hot water. Do not pour in cold water if the stoneware is hot.

## HINTS

- Trim fats and wipe meats well to remove residue. (If meats contain fats, brown in a separate skillet or broiler and drain well before adding to cooker.) Season with salt and pepper. Place meat in cooker on top of vegetables.
- For roasts and stews, pour liquid over meat. Use no more liquid than specified in the recipe. More juices in meats and vegetables are retained in slow cooking than in conventional cooking.
- Most vegetables should be thinly sliced or placed near the sides or bottom of the stoneware. Meats generally cook faster than most vegetables in a slow cooker.
- Use whole leaf herbs and spices for best and truest flavor for all-day cooking. If ground herbs and spices are used, they should be stirred in during the last hour.
- Because there is no direct heat at the bottom, always fill the stoneware at least half full to conform to recommended times. Small quantities may be prepared, but cooking time will be effected.
- A specific liquid called for in a recipe may be varied if an equal quantity is substituted. (Such as substituting a 10 ¾ ounce can of soup plus 4 ounces of water for a 14 ½ ounce can of tomatoes OR ½ cup beef or chicken broth for ½ cup of wine.)
- Beans must be softened *completely* before combining with sugar and/or acid foods (**NOTE:** Sugar and acid have a hardening effect on beans and will prevent softening). 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, reduce heat, cover and allow to simmer 1 ½ hours or until beans are tender. Soaking in water, if desired, should be completed before boiling. Discard water after soaking or boiling.

## QUESTIONS AND ANSWERS

**Q** *"What if the food isn't done after 8 hours...when the recipe says 8 to 10 hours?"*

**A** This is due to voltage variations which are commonplace everywhere; altitude; or even extreme humidity. The slight fluctuations in power do not have a noticeable effect on most appliances; however, it can slightly alter the cooking times. Allow plenty of time, and remember, it is practically impossible to overcook. You will learn through experience whether to decrease or increase cooking times.

**Q** *"Must the Crock-Pot® slow cooker be covered? Is it necessary to stir?"*

**A** Cook with the cover on. The Crock-Pot® slow cooker will not recover heat losses quickly when cooking on **LOW** setting. Significant amounts of heat escape whenever the lid is removed; therefore the cooking time must be extended. Avoid frequent removal of the cover for checking cooking progress or stirring. Never remove cover during the first 2 hours when baking breads or cakes. It is not necessary to stir while cooking on **LOW** heat. While using **HIGH** heat for short periods, occasional stirring improves the distribution of flavors.

**Q** *"How about thickening the juices or making gravy?"*

**A** Add some quick-cooking tapioca to any recipe when you want to make a thick gravy. Add the tapioca at the beginning and it will thicken as it cooks! Or you may remove the solid foods, leaving the juices. Prepare a smooth paste of approximately ½ cup flour or cornstarch to ½ cup water or 4 tablespoons melted butter. Pour mixture into liquid in stoneware and stir well. Turn to **HIGH** and when it comes to a boil (about 15 minutes) it's ready.

**Q** *"Can I cook a roast without adding water?"*

**A** Yes – if cooked on **LOW**. We recommend a small amount because the gravies are especially tasty. The more fat or "marbling" the meat has, the less liquid you need. The liquid is needed to properly soften and cook vegetables.

## IMPORTANT TIPS

### 4-5 QUART MODELS (3140, 3145, 3164, 3351, 3950, 3355)

- All recipes in this book may be prepared as shown for the 4 and 5 quart models. If desired, recipes may be increased by one-half for 5-quart models. When a recipe may be doubled it will indicated by a footnote. If a recipe is increased, cooking time may need to be extended.
- The size and shape of the 5 quart Crock-Pot® slow cooker is ideal for larger roasts (3 to 5 pounds), baking hens (3 to 4 pounds), and picnic hams (up to 5 pounds).

These weights depend on shape. Extended cooking times may be necessary for these larger cuts.

## 6-7 QUART MODELS (3656 and 3670)

Important: When using the 6 and 7 quart models, all recipes may be used but should be doubled according to the guidelines below.

- Liquids in soups, stews, sauces, or meat and vegetable combinations should be increased by one-half and not doubled. For example: the recipe in the book calls for 1 cup of liquid. Begin with 1½ cups when doubling the recipe; add liquid only if necessary.

**NOTE:** When doubling casserole recipes which contain rice or pasta, it is necessary to double the liquid along with other ingredients.

- Do not double strongly flavored food such as onions, or herbs and seasonings such as garlic, pepper or chili powder. Begin by increasing by one-half. Taste and adjust seasonings, if necessary, just before serving.

The size of meat cuts may also be increased. Follow these hints:

- Meat quantities in casseroles, soups, stews or sauces should be doubled.
- When a recipe calls for “One whole 3-pound fryer”, use two whole chickens of a similar weight.
- Beef roasts, pork roasts or hams should be increased but not doubled because vegetables are included due to the size and shape of the meat cuts. Use one 4 to 5 pound roast or ham.
- Cooking times for all recipes will be similar to those listed for smaller-sized recipes. If much larger meat cuts are served, it may be necessary to increase cooking time by 2 to 3 hours on **LOW** or 1 to 2 hours on **HIGH**.

## GUIDE TO ADAPTING RECIPES

This guide is designed to help you adapt recipes to the Crock-Pot® slow cooker — your own favorites and prized recipes collected from friends, food companies, newspapers and magazines. Our aim is to save preparation time with fewer steps and dishes...and to keep cooking simple. In most cases, all ingredients can go into your slow cooker slow cooker in the beginning and can cook all day. Many preparatory steps are unnecessary when using the Crock-Pot® slow cooker. A few hints:

- Allow sufficient cooking time.
- Cook with cover on.
- Do not add as much water as some recipes indicate.
- Remember — liquids don’t “boil away” as in conventional cooking. Usually you’ll have more liquid at the end of cooking instead of less.
- It’s “one-step” cooking: many steps in recipes may be deleted. Add ingredients to the stoneware at one time and cook 8 to 12 hours (add any liquid last).
- Vegetables do not overcook as they do when boiled in your oven or on your range.

Therefore, everything can go into the slow cooker at one time. **EXCEPTION:** milk, sour cream or cream should be added during last hour of cooking.

## TIME GUIDE

IF RECIPE SAYS:	COOK ON LOW:	OR COOK ON HIGH:
15 to 30 minutes	4 to 6 hours	1 ½ 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

Most uncooked meat and vegetable combinations will require at least 8 hours on **LOW**.

## PASTA AND RICE

If recipe calls for cooking noodles, macaroni, etc., cook before adding to slow cooker. Don't overcook — just until slightly tender. If cooked rice is called for, stir in with other ingredients; add ¼ cup extra liquid per ¼ cup of raw rice. Use long grain converted rice for best results in all-day cooking.

## LIQUIDS

Use less in slow cooking — usually about half the recommended amount. One cup of liquid is enough for any recipe unless it contains rice or pasta.

## SAUTEING VEGETABLES

Generally not necessary! Stir in chopped or sliced vegetables with other ingredients. **ONLY EXCEPTION:** eggplant should be parboiled or sauteed, due to strong flavor. Since vegetables develop their full flavor potential with slow cooking, expect delicious results even when you reduce quantities. Because vegetables take longer to cook than meat, slice or chop them when possible.

## HERBS AND SPICES

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

## MILK

Milk, cream and sour cream tend to break down during extended cooking. When possible add during last hour of cooking. Condensed soups may be substituted for milk, etc., and can cook for extended times.

## SOUPS

Some soup recipes call for 2 to 3 quarts of water. Add other soup ingredients to slow cooker; then add water only to cover. If thinner soup is desired, add more liquid at serving time. If milk-based recipes have no other liquid for initial cooking, add 1 or 2 cups water. Then during last hour of cooking, stir in milk or cream as called for.

# THE RECIPES

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## POT ROAST OF BEEF

**1 (3 to 4-lb.) boneless beef roast**  
**½ cup water or beef broth**  
**3 medium potatoes, thinly sliced**  
**2 large carrots, thinly sliced**

**1 onion, sliced**  
**1 teaspoon salt**  
**½ teaspoon ground black pepper**

Put vegetables in bottom of stoneware. Salt and pepper meat, then place in pot on top of vegetables. Add liquid. Cover and cook on **LOW** 10 to 12 hours (**HIGH**: 5 to 6 hours).

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## HICKORY SMOKED BRISKET

Place 3 to 4 pound beef brisket on a large piece of aluminum foil. Sprinkle generously with ¼ cup of liquid smoke and ½ teaspoon each of celery salt, garlic salt and onion powder. Wrap well and put into stoneware. Cover and cook on **LOW** 8 to 12 hours (**HIGH**: 4 to 6 hours). Slice brisket into thin slices. Serve warm with juices poured over each slice.

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## BAKED HAM IN FOIL

Pour ½ cup water in stoneware. Wrap precooked 3 to 4 pound ham in foil; place in stoneware. Cover and cook on **HIGH** 1 hour, then on **LOW** 6 to 7 hours or until ham is hot. If desired, sprinkle ham with liquid smoke before wrapping in foil.

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## SPICY ROAST BEEF

**3-lb. round tip roast (or brisket trimmed of fat)**  
**1 to 2 tablespoons cracked black peppercorns**  
**2 cloves garlic, minced**  
**3 tablespoons balsamic vinegar**

**¼ cup reduced-sodium soy sauce**  
**2 tablespoons Worcestershire sauce**  
**2 tablespoons dry mustard**

Rub cracked pepper and garlic onto roast. Put roast in stoneware. Make several shallow slits in top of roast.

In a small bowl, combine remaining ingredients and pour over meat. Cover and cook on **LOW** 8 to 10 hours (**HIGH**: 4 to 5 hours).

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## VEGETABLE BEEF SOUP

**1-lb. beef soup bones**  
**1 can (14½-oz.) tomatoes**  
**2 carrots, sliced**  
**2 stalks celery with tops, sliced**  
**2 medium onions, diced**

**2 medium potatoes, diced**  
**3 cups water**  
**½ teaspoon coarse black pepper**  
**3 beef bouillon cubes**  
**1 package (10-oz.) frozen mixed vegetables\***

Put all ingredients in stoneware. Cover and cook on **LOW** 8 to 12 hours (**HIGH**: 4 to 6 hours).

\*May be added during last 2 hours of cooking, if desired.



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## STEAK SOUP

*1-lb. coarsely ground chuck,  
browned and drained*  
*3 cups water*  
*1 medium onion, chopped*  
*3 stalks celery, chopped*  
*2 carrots, sliced*  
*Salt to taste, optional*

*1 package (10-oz.) frozen mixed vegetables*  
*2 to 4 tablespoons beef base granules*  
*½ teaspoon ground black pepper*  
*½ cup butter, melted*  
*½ cup all-purpose flour*  
*1 can (14½-oz.) tomatoes, diced*

Place all ingredients, except butter, flour and salt in stoneware. Cover and cook on **LOW** 8 to 12 hours (**HIGH**: 4 to 6 hours). One hour before serving, turn to **HIGH**. Make a paste of the melted butter and flour. Stir until smooth. Pour into stoneware; stir until well blended. Season soup, if desired with salt. Cover and cook on **HIGH** until thickened.

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## SWISS STEAK

*1½-lbs. round steak, ¾-inch thick*  
*2 tablespoons all-purpose flour*  
*½ teaspoon salt*  
*½ teaspoon ground black pepper*

*1 medium onion, thinly sliced*  
*1 carrot, chopped*  
*1 small stalk celery, chopped*  
*1 can (15-oz.) tomato sauce*

Cut round steak into serving pieces. Place flour, salt and pepper in plastic bag. Add steak pieces, a few at a time, shake to cover with flour mixture. Place onion slices in bottom of stoneware; add meat. Top with carrots and celery and cover with tomato sauce. Cover and cook on **LOW** for 8 to 10 hours (**HIGH**: 3 to 5 hours).

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## BEEF STEW

*2-lbs. beef stew meat, cut into 1-inch cubes*  
*¼ cup flour*  
*½ teaspoon salt*  
*½ teaspoon ground black pepper*  
*1½ cups beef broth*  
*1 teaspoon Worcestershire sauce*  
*1 clove garlic, minced*

*1 bay leaf*  
*1 teaspoon paprika*  
*4 carrots, sliced*  
*3 potatoes, diced*  
*1 onion, chopped*  
*1 stalk celery, sliced*

Put meat in stoneware. Mix flour, salt and pepper, and pour over meat; stir to coat meat with flour. Add remaining ingredients and stir to mix well. Cover and cook on **LOW** 10 to 12 hours (**HIGH**: 4 to 6 hours). Stir stew thoroughly before serving.

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## SPANISH RICE

*2-lbs. ground chuck or beef*  
*1 medium onion, chopped*  
*1 green pepper, chopped*  
*1 can (28-oz.) tomatoes*  
*2 cans (8-oz. each) tomato sauce*

*1 cup water*  
*2½ teaspoons chili powder*  
*½ teaspoon salt*  
*2 teaspoons Worcestershire sauce*  
*1 cup uncooked rice (converted)*

Brown beef in skillet and drain off fat. Put all ingredients in stoneware. Stir thoroughly. Cover and cook on **LOW** 7 to 9 hours. (**HIGH**: 3 hours).

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## ITALIAN PORK CHOPS

*4 to 6 (1-inch thick) lean pork chops*  
*1 tablespoon cooking oil*  
*½-lb. fresh mushrooms, sliced*  
*1 medium onion, chopped*  
*1 clove garlic, minced*  
*2 cans (8-oz.) tomato sauce*  
*¼ cup dry sherry*

*1 tablespoon lemon juice*  
*¼ teaspoon salt*  
*1 tablespoon parsley flakes*  
*½ teaspoon dried basil*  
*½ teaspoon ground black pepper*  
*2 medium green bell peppers, seeded and cut into thin rings*

Trim excess fat from pork chops. In medium skillet, heat oil and brown chops on both sides. Drain chops on paper towel. Put mushrooms, onion and garlic in bottom of stoneware. Arrange pork chops on top of vegetables.

In a bowl, combine tomato sauce, sherry, lemon juice, salt and spices; mix well. Pour over chops. Cover and cook on **LOW** 7 to 9 hours (**HIGH**: 4 to 5 hours). Before serving, turn to **HIGH** and place green pepper rings on top of pork chops. Replace cover and continue cooking for 30 minutes.

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## BARBEQUED RIBS

*3 to 4-lbs. spareribs*  
*½ teaspoon salt*  
*½ teaspoon ground black pepper*

*1 onion, sliced*  
*1 jar (16-oz.) barbeque sauce*

Rub each side of spareribs with salt and pepper. Place ribs in broiler pan and broil 15 minutes or until browned. Cut ribs into serving portions. Put sliced onion in stoneware. Pour barbeque sauce on top. Cover and cook on **LOW** 8 to 10 hours (**HIGH**: 4 to 5 hours).

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## POT ROASTED PORK

*1 (4 to 5-lb.) pork loin end roast*  
*½ teaspoon salt*  
*¼ teaspoon ground black pepper*  
*1 clove garlic, slivered*  
*2 medium onion, sliced*

*2 bay leaves*  
*1 whole clove*  
*½ cup water*  
*1 tablespoon soy sauce*

Rub pork roast with salt and pepper. Make tiny slits in meat and insert slivers of garlic. Place roast in broiler pan; broil 15 to 20 minutes to remove excess fat. Put 1 sliced onion in bottom of stoneware. Add pork roast, remaining onion, and other ingredients. Cover and cook on **LOW** 10 hours (**HIGH**: 5 to 6 hours).

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## CORNER BEEF AND CABBAGE

*3 carrots, cut into 3-inch pieces*  
*1 (3 to 4-lb.) corned beef brisket*  
*2 medium onions, quartered*

*1 cup water*  
*½ to 1 small head cabbage, cut into wedges*

Put all ingredients, except cabbage wedges in stoneware in order listed. Cover and cook on **LOW** 8 to 10 hours (**HIGH**: 5 to 6 hours). Add cabbage wedges to liquid, pushing down to moisten. Turn to **HIGH** and cook additional 2 to 3 hours.

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## SPICY CHICKEN CHOW MEIN

*1 tablespoon cooking oil*  
*1½-lbs. skinless, boneless chicken breasts,*  
*cut into 1-inch cubes*  
*4 large carrots, thinly sliced*  
*4 green onions, sliced (including green tops)*  
*3 stalks celery, sliced*  
*1 cup reduced-sodium chicken broth*  
*1 tablespoon sugar*

*½ cup reduced-sodium soy sauce*  
*¼ teaspoon crushed red pepper flakes*  
*¼ teaspoon ground ginger*  
*1 clove garlic, minced*  
*1 can (8-oz.) bean sprouts*  
*1 can (8-oz.) sliced water chestnuts*  
*¼ cup cornstarch*  
*½ cup water*

Heat oil in skillet over medium-high heat. Add chicken pieces and cook until brown. Drain and put in slow cooker. Add remaining ingredients, except cornstarch and water; stir to combine. Cover and cook on **LOW** 6 to 8 hours.

Turn to **HIGH**. In small bowl stir cornstarch into cold water until dissolved. Stir into liquid in stoneware. Place cover slightly ajar on stoneware. Cook until thickened (15 to 30 minutes). Serve with chow mein noodles or over cooked rice. May be doubled for 5 quart models.

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## CHICKEN 'N NOODLES

*3 to 4-lb. broiler/fryer chicken, cut up*  
*1 teaspoon salt*  
*½ teaspoon ground black pepper*

*2 cups water*  
*1 package (10-oz.) egg noodles*

Put chicken in stoneware. Season with salt and pepper; add water. Cover and cook on **LOW** 8 to 10 hours (**HIGH** 4 to 5 hours). Remove chicken from broth. Turn slow cooker to **HIGH**; add noodles. Bone and cut up chicken. Stir into noodles. Cover and cook 30 to 45 additional minutes; stirring occasionally.

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## MINESTRONE SOUP

*1 medium onion, chopped*  
*2 medium carrots, thinly sliced*  
*2 stalks celery, cut into ½-inch pieces*  
*1 red bell pepper, seeded and*  
*cut into ½-inch pieces*  
*1 medium zucchini, scrubbed,*  
*and sliced into ½-inch rounds*  
*1½ cups cooked rice*

*2 cloves garlic, minced*  
*2 cans (14½-oz. each) reduced-sodium*  
*beef broth*  
*1 can (28-oz.) crushed tomatoes*  
*2 cans (15½-oz.) kidney beans, drained*  
*2 teaspoons dried marjoram*  
*¼ teaspoon coarsely ground black pepper*

Add all ingredients except rice to stoneware. Cover and cook on **LOW** 8 to 10 hours (**HIGH**: 4 to 5 hours). Add cooked rice and stir to combine.

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## NEW ENGLAND STYLE BAKED BEANS

*1½ -lbs (3 cups) dry navy beans*  
*1-lb. lean, boneless ham*  
*1 medium onion, chopped*  
*1½ cups ketchup*  
*½ teaspoon salt*

*1½ cups brown sugar*  
*1½ cups water*  
*1 tablespoon dry mustard powder*  
*¼ cup molasses*

Completely soften beans as directed on page 4. Drain; put in stoneware and add ham. In small bowl, combine remaining ingredients. Add to slow cooker; mix well. Cover and cook on **LOW** 10 to 12 hours (**HIGH**: 4 to 6 hours).

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## VEGETABLE PASTA

*2 tablespoons butter or margarine*  
*1 zucchini, sliced ¼-inch thick*  
*1 yellow squash, sliced ¼-inch thick*  
*2 carrots, thinly sliced*  
*1½ cups sliced fresh mushrooms*  
*1 package (10-oz.) frozen broccoli cuts*  
*4 green onions, sliced*  
*1 clove garlic, minced*

*½ teaspoon dried basil*  
*¼ teaspoon salt*  
*½ teaspoon ground black pepper*  
*1 cup grated Parmesan cheese*  
*12-oz. fettuccine*  
*1 cup (4-oz.) mozzarella cheese, shredded*  
*1 cup cream*  
*2 egg yolks*

Rub crock wall with butter. Put zucchini, yellow squash, carrots, mushrooms, broccoli cuts, onions, garlic, seasonings and Parmesan cheese in stoneware. Cover and cook on **HIGH** 2 hours.

Cook fettuccine according to package directions; drain. Add cooked fettuccine, mozzarella, cream and egg yolk. Stir to blend well. Allow to heat 15 to 30 minutes. For serving, turn to **LOW** for up to 30 minutes.

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## BAKED APPLES

*2 tablespoons raisins*  
*¼ cup sugar*  
*6 to 8 medium baking apples, washed and cored*

*1 teaspoon ground cinnamon*  
*2 tablespoon butter*

Mix raisins and sugar; fill center of apples. Sprinkle with cinnamon and dot with butter. Put in stoneware; add ½ cup water. Cover and cook on **LOW** 7 to 9 hours (**HIGH**: 2½ to 3½ hours).

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## CHUNK-STYLE APPLESAUCE

*8 to 10 large cooking apples, peeled, cored and sliced or cut into chunks*  
*½ cup water*  
*1 teaspoon ground cinnamon*  
*½ to 1 cup sugar*

Put ingredients in stoneware. Cover and cook on **LOW** 8 to 10 hours (**HIGH** 3 to 4 hours). Serve warm. Add cream if desired.

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## MOCK LASAGNA

*1 package (10-oz.) broad lasagna noodles,  
broken into bite-size pieces*  
*1-lb. ground beef*  
*½-lb. Italian sausage*  
*1 onion, chopped*  
*1 clove garlic, minced*  
*12-oz. Mozzarella cheese, shredded*

*1 carton (12-oz.) cottage cheese*  
*2 cans (6-oz. each) tomato paste*  
*½ cup water*  
*¼ teaspoon salt*  
*½ teaspoon ground black pepper*  
*1½ tablespoons dried parsley*  
*1 teaspoon dried basil*

Cook noodles according to package directions until tender; drain. Brown ground beef and sausage; drain and put in lightly greased stoneware. Add all remaining ingredients. Stir to mix thoroughly. Cover and cook on **LOW** 7 to 9 hours (**HIGH**: 3 to 5 hours).

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## MAGIC MEAT LOAF

*2-lbs. ground beef*  
*2 eggs*  
*¾ cup quick-cooking oats*

*1 package dry onion soup mix*  
*½ cup ketchup*

Reserve 2 tablespoons ketchup, set aside. Combine ground beef, eggs, oats, soup mix and remaining ketchup. Shape into loaf. Put in stoneware. Top with remaining ketchup. Cover and cook on **LOW** 8 to 10 hours (**HIGH**: 4 to 6 hours). May be doubled for 5, 6 and 7 quart models.

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## SLOPPY JOE'S

*3-lbs. ground chuck*  
*1 onion, finely chopped*  
*1 green bell pepper, seeded and chopped*  
*2 cans (8-oz. each) tomato sauce*  
*¾ cup ketchup*

*1 tablespoon Worcestershire sauce*  
*1 teaspoon chili powder*  
*¼ teaspoon ground black pepper*  
*¼ teaspoon garlic powder*

Brown beef in skillet and drain off fat. Put in stoneware; add remaining ingredients. Stir thoroughly. Cover and cook on **LOW** 8 to 10 hours (**HIGH** 3 to 4 hours).

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## "CHICKEN IN A POT"

*2 carrots, sliced*  
*2 onions, sliced*  
*2 stalks celery, cut into 1-inch pieces*  
*1 whole broiler/fryer chicken, 3 to 4-lbs.*

*1 teaspoon salt*  
*½ teaspoon ground black pepper*  
*½ cup water, chicken broth or white wine*  
*½ teaspoon dried basil*

Put carrots, onion and celery in bottom of stoneware. Add whole chicken. Top with salt, pepper and liquid. Sprinkle basil over top. Cover and cook on **LOW** 8 to 10 hours (**HIGH**: 3 ½ to 5 hours, using 1 cup water). Remove chicken and vegetables with spatula.

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## ARROZ CON POLLO (*Chicken with Rice*)

*4 chicken breast halves,*  
*skin and excess fat removed*  
*¼ teaspoon salt*  
*½ teaspoon ground black pepper*  
*¼ teaspoon paprika*  
*1 tablespoon cooking oil*  
*1 medium onion, chopped*

*1 small red bell pepper,*  
*seeded and chopped*  
*3 cloves garlic, minced*  
*½ teaspoon dried rosemary leaves*  
*1 can (14½-oz.) crushed tomatoes*  
*1 package (10-oz.) frozen peas*

Season chicken with salt, pepper and paprika. In a medium skillet, heat oil over medium-high heat. Add chicken and brown; drain. Put chicken in stoneware.

In a small bowl, combine remaining ingredients, except peas. Pour over chicken. Cover and cook on **LOW** 7 to 9 hours (**HIGH**: 3 to 4 hours). One hour before serving, add peas. Serve over rice.

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## SWEET 'N SPICY GLAZED CHICKEN

*6 (4-oz. each) skinless, boneless*  
*chicken breast halves*  
*1 tablespoon cooking oil*  
*¼ teaspoon salt*  
*¼ teaspoon ground black pepper*  
*4 cloves garlic, minced*  
*½ cup brown sugar*

*1 cup reduced-sodium soy sauce*  
*1 cup reduced-sodium chicken broth*  
*2 tablespoons lemon juice*  
*½ teaspoon cayenne pepper*  
*¼ cup cornstarch*  
*½ cup water*

In large skillet, heat oil over medium-high heat. Add chicken and brown on both sides. Season chicken with salt and pepper. Put in slow cooker. In a small bowl, combine remaining ingredients, except cornstarch and water. Pour over chicken. Cover and cook on **LOW** 7 to 9 hours (**HIGH**: 3 to 4 hours).

When done, remove chicken breasts and turn slow cooker to **HIGH**, cover. Combine cornstarch and water. Stir liquid in stoneware. Place cover slightly ajar on stoneware. Cook until thickened (15 to 30 minutes).

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## JAMBALAYA

12-oz. skinless, boneless chicken breasts  
2 green bell peppers, seeded and chopped  
1 medium onion, chopped  
2 stalks celery, sliced  
4 cloves garlic, minced  
1 can (14½-oz.) whole tomatoes  
½ cup tomato paste  
1 can beef broth

1 tablespoon dried parsley  
1½ teaspoons dried basil leaves  
½ teaspoon dried oregano leaves  
1 teaspoon Tabasco sauce  
1 teaspoon cayenne pepper  
½ teaspoon salt  
1-lb. shrimp, shelled and deveined  
3 cups cooked rice

Cut chicken in to 1-inch pieces. Add all ingredients except shrimp and rice to stoneware. Cover and cook on **LOW** 8 to 10 hours (**HIGH**: 3 to 4 hours). Add shrimp during last 15 to 30 minutes of cooking. Stir in rice when ready to serve.

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## TUNA NOODLE CASSEROLE

1 cup milk  
2 tablespoons dried parsley  
1 package (10-oz) frozen mixed vegetables  
2 cans (10 ¾-oz. each) reduced-sodium and reduced-fat condensed cream of mushroom soup

½ cup toasted sliced almonds  
1 package (10-oz.) noodles, cooked and drained\*  
2 cans (6½-oz. each) water-packed tuna, drained

In a large bowl, thoroughly combine tuna, soup, milk, parsley and vegetables. Fold in noodles. Pour into greased stoneware. Top with almonds. Cover and cook on **LOW** 7 to 9 hours (**HIGH**: 3 to 4 hours). \*Do not overcook noodles to just until tender.

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## "WHITE" CHILI

1-lb. Great Northern beans, soaked  
1 medium onion, chopped  
3 cloves garlic, minced  
2 cans (4-oz. each) green chilies  
2 teaspoons ground cumin  
1 teaspoon dried oregano

1½ teaspoons cayenne pepper  
½ teaspoon salt  
2-lbs. skinless, boneless chicken breasts  
1 can (14½-oz.) reduced-sodium chicken broth  
1 cup water

Put beans in medium pan and cover with water. Bring to boil; reduce heat and allow to simmer 20 minutes. Drain and discard water. Cut chicken into 1-inch pieces and brown if desired. Put all ingredients in stoneware. Stir to mix thoroughly. Cover and cook on **LOW** 10 to 12 hours (**HIGH**: 5 to 6 hours).

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## FAVORITE CHILI

½-lb. dry pinto or kidney beans  
2 can (14½-oz. each) tomatoes  
2-lbs. coarsely ground chuck, browned and drained  
1 green bell pepper, coarsely chopped  
1 medium onion, coarsely chopped

2 cloves garlic, crushed  
2 to 3 tablespoon chili powder  
1 teaspoon ground black pepper  
1 teaspoon cumin  
1 teaspoon salt

Completely soften beans as directed on page 4. Put all ingredients in stoneware in order listed. Stir once. Cover and cook on **LOW** 10 to 12 hours (**HIGH**: 5 to 6 hours).

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## HOT MULLED CIDER

*½ cup brown sugar  
2 quarts cider  
1 teaspoon whole allspice*

*1½ teaspoon whole cloves  
2 sticks cinnamon  
Orange slices*

Put all ingredients in slow cooker. If desired, tie whole spices in cheesecloth or put in a tea strainer. (If spices are added loose, strain before serving.) Cover and cook on **LOW** 2 to 8 hours. Serve from stoneware using a ladle.

**HOT SPICED WINE:** Use above recipe, substituting two fifths of sweet sherry or port wine for cider.

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## CHILI-CHEESE DIP

*2-lbs. lean ground beef  
4-lbs. processed American cheese, cut into small pieces  
1 teaspoon chili powder  
2 cans (8-oz. each) tomatoes with green chilies  
1 tablespoon Worcestershire sauce*

Brown ground beef well and drain off excess fat. Put ground beef and remaining ingredients in stoneware. Stir well. Cover and cook on **HIGH** 1 hour, stirring until cheese is fully melted. Serve immediately or turn to **LOW** for serving up to 6 hours later. Serve with tortilla or corn chips.

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## OLD-FASHIONED RICE PUDDING

*2½ cups cooked rice  
1½ cups evaporated milk  
¾ cup sugar  
3 tablespoons soft butter*

*2 teaspoons vanilla  
½ teaspoon nutmeg  
4 eggs  
½ cup raisins (optional)*

Thoroughly combine rice with all ingredients. Pour into a lightly greased stoneware. Cover and cook on **HIGH** 2 hours. Stir after first hour.



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