



Benefits of Cooking with a Crock Pot

- Nutritious, Delicious Meals

Mainly fresh ingredients, cooked at a low temperature for a long period of time are used in slow-cooking. Consequently, nutrition-rich, natural juices from vegetables and meats are retained.

- Time-saver

You're not slaving over a pot for hours. All that's required is the initial prep. Your slow-cooker is doing the work while you are doing whatever else you want or need to be doing.

- Useful Year-Round

Though we might associate warm, hot meals with wintertime, the beauty of slow-cookers is that you can use them any time of year. The perk of using one in the summer is that it eliminates the need to use the oven, eliminating the discomfort of making an already hot home hotter.

- Reduced Energy Usage

Slow-cookers use substantially less energy than a conventional electric oven.

- Easy Clean-Up

Except for a cutting board, cutting utensils, maybe one pan for browning, you'll be cleaning up one pot. Nice.

- Transportable

A slow-cooked meal is easily transported. Just let cool and keep covered

Example Recipes

1. Shredded Buffalo Chicken in the Crockpot

Ingredients

	1/4 cup of yellow mustard
6-8 raw chicken breasts	1/4 cup of apple cider vinegar
1/2 cup of Frank's Wing Sauce	

Instructions

Spray a crockpot with cooking spray- Place the chicken into the crock pot and top with wing sauce, yellow mustard, and vinegar

Place the lid on the crock pot and set it to cook on high for 5 hours

With about 30 minutes left on the timer, take the lid off and shred the chicken- stirring it together with the sauce that is now in the pot

Replace top and let the chicken continue cooking through the cycle. Eat on whole wheat hamburger buns with a shake of wing sauce, lettuce, tomato, and blue cheese

2. Lasagna

Ingredients

1 pound lean ground beef	1 teaspoon dried oregano
1 onion, chopped	1 (12 ounce) package lasagna noodles
2 teaspoons minced garlic	12 ounces cottage cheese
1 (29 ounce) can tomato sauce	1/2 cup grated Parmesan cheese
1 (6 ounce) can tomato paste	16 ounces shredded mozzarella cheese
1 1/2 teaspoons salt	

Instructions

In a large skillet over medium heat cook the ground beef, onion, and garlic until brown. Add the tomato sauce, tomato paste, salt, and oregano and stir until well incorporated. Cook until heated through.

In a large bowl mix together the cottage cheese, grated Parmesan cheese, and shredded mozzarella cheese.

Spoon a layer of the meat mixture onto the bottom of the slow cooker. Add a double layer of the uncooked lasagna noodles. Break to fit noodles into slow cooker. Top noodles with a portion of the cheese mixture. Repeat the layering of sauce, noodles, and cheese until all the ingredients are used.

Cover, and cook on LOW setting for 4 to 6 hours.