

# KitchenAid™

## SLOW COOKER

RECIPES

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# KitchenAid™ Slow Cooker Recipes

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# Ancho Chile-rubbed Baby Back Ribslets

---

## Rub

- 4 *teaspoons (20 ml)*  
*ground cumin*
- 4 *teaspoons (20 ml)*  
*ancho chile powder*
- 2 *teaspoons (10 ml)*  
*garlic pepper*  
*seasoning*
- 1 *tablespoon (15 ml)*  
*brown sugar*
- 1½ *teaspoons (7 ml)* *salt*
- ¾ *teaspoon (3 ml)*  
*ground red pepper*
- 1 *teaspoon (5 ml)*  
*vegetable oil*

## Ribs

- 3¾-4 *pounds (1.8 kg)* *pork*  
*or beef loin back*  
*ribs (baby back ribs),*  
*cut across bones by*  
*butcher*
- 3 *cloves garlic, minced*
- 1 *medium onion, cut*  
*into halves and thinly*  
*sliced*

## Sauce

- ½ *cup (125 ml)*  
*prepared chili sauce*
- ⅓ *cup (75 ml)* *beef*  
*broth or water*
- ¼ *cup (50 ml)* *dark*  
*molasses*
- ¼ *cup (50 ml)* *cider*  
*vinegar*
- 1 *teaspoon (5 ml)*  
*liquid smoke flavor, if*  
*desired*

In small bowl, combine all ingredients used in the rub, except oil. Stir in oil until well mixed. Rub evenly over ribs. Place on broiler pan. Broil 4 to 6 inches (10 to 15 cm) from heat, 3 to 5 minutes per side, or until browned but not blackened. Cut into individual rib pieces.

Place ribs, garlic, and onion in Slow Cooker ceramic pot. In small bowl, blend all sauce ingredients. Pour evenly over ribs; stir to coat. Cover and cook at AUTO 3½ to 4½ hours, or until ribs are tender. Skim fat from sauce, if desired, and serve with ribs.

Yield: 12 servings (4 ribslets per serving).

Per Serving: About 300 cal, 15 g pro, 11 g carb, 21 g total fat, 8 g sat fat, 70 mg chol, 760 mg sod.

Tip: Appetizer recipe may be doubled, if desired. For 4 main-dish servings, do not cut ribs across the bone. Divide ribs into 4 portions instead of individual ribs. Cover and cook at AUTO 4½ to 5½ hours.

# Chocolate Chunk Bread Pudding

---

- 1 *tablespoon (15 ml) butter, softened*
- 8 *cups (1-in./2.5 cm cubed) day-old French bread (about ½ loaf)*
- 1 *package (4 oz./113 g) German sweet chocolate, chopped*
- ½ *cup (125 ml) golden raisins*
- 4 *eggs*
- 1 *cup (250 ml) sugar*
- 4 *cups (1 quart/1 L) half-and-half*
- 2 *teaspoons (10 ml) vanilla*

Grease Slow Cooker ceramic pot with butter; add bread. Sprinkle with chocolate and raisins. Toss lightly to mix.

In large bowl, beat eggs and sugar until well-mixed. Stir in half-and-half and vanilla. Pour evenly over bread mixture. Cover and cook at HIGH 2 to 2½ hours, or until center is set. To check if center is set, insert a knife into the center, if the knife pulls out clean then the center is set. If desired, keep warm at BUFFET 1 to 2 hours. Serve warm with vanilla ice cream, thawed sweetened raspberries, or caramel sauce, if desired.

Yield: 10 servings.

Per Serving: About 400 cal, 9 g pro, 52 g carb, 18 g total fat, 10 g sat fat, 125 mg chol, 270 mg sod.

Tip: To determine if pudding is set without removing lid, tap lid to remove condensation. Gently shake Slow Cooker ceramic pot to determine if center jiggles or is firm.

# Curried Green Chile Pork

---

- 2½ *pounds (1.25 kg) lean pork stew meat\**
- 2 *tablespoons (30 ml) curry powder*
- 1 *tablespoon (15 ml) brown sugar*
- 1 *teaspoon (5 ml) dried thyme*
- ¾ *teaspoon (3 ml) ground cumin*
- ½ *teaspoon (2 ml) salt*
- ¼ *teaspoon (1 ml) ground red pepper*
- 3 *cloves garlic, minced*
- 1 *tablespoon (15 ml) olive oil*
- 1 *large onion, coarsely chopped*
- 3-4 *jalapeno peppers, seeded and cut into thin strips*
- ½ *cup (125 ml) chicken broth*
- 2 *tablespoons (30 ml) all-purpose flour*
- 1 *cup (250 ml) coconut milk*

Place pork in Slow Cooker ceramic pot. In small bowl, combine curry powder, brown sugar, thyme, cumin, salt, and red pepper. Stir in garlic and oil until well blended. Add to pork; toss to coat evenly. Add onion, jalapeno peppers, and chicken broth. Cover and cook at HIGH 3½ to 4½ hours, or until pork is very tender.

In small bowl, blend flour into coconut milk. Stir into pork mixture. Cover and cook at HIGH 10 to 20 minutes, or until thickened. Serve with hot cooked rice or couscous, if desired.

Yield: 6 servings (1 cup [235 ml] per serving).

Per Serving: About 370 cal, 31 g pro, 10 g carb, 23 g total fat, 12 g sat fat, 100 mg chol, 390 mg sod.

\*Four pounds (2 kg) pork shoulder blade roast, trimmed and cut into 1½-inch (3.75 cm) pieces, may be substituted for stew meat.

## Garlic Smashed Potatoes

---

- 6 *large (about 3 lb./1.36 kg) yellow or white thin-skinned potatoes, cut into quarters*
- 8 *medium (about 1½ lb./681 g) red potatoes, cut into quarters*
- 1 *cup (250 ml) chicken or vegetable broth*
- <sup>1</sup>/<sub>4</sub> *cup (56 g) butter or margarine, softened*
- <sup>1</sup>/<sub>2</sub> *teaspoon (2 ml) salt*
- <sup>1</sup>/<sub>2</sub> *teaspoon (2 ml) coarsely ground black pepper*
- 4 *cloves garlic, minced*
- 1 *cup (250 ml) sour cream*
- <sup>1</sup>/<sub>3</sub> *cup (75 ml) sliced green onions*

Combine potatoes, broth, butter, salt, pepper, and garlic in Slow Cooker ceramic pot; mix well. Cover and cook at AUTO 3½ to 4½ hours, or until potatoes are very soft. With plastic potato masher or spoon, coarsely mash potatoes. Stir in sour cream and green onions.

Yield: 16 servings (<sup>1</sup>/<sub>2</sub> cup [125 ml] per serving).

Per Serving: About 150 cal, 3 g pro, 23 g carb, 6 g total fat, 3.5 g sat fat, 20 mg chol, 190 mg sod.

## Mocha Cocoa

---

- 8 *ounces (227 g) bittersweet chocolate, chopped*
- 2 *cans (14 oz./396 g each) sweetened condensed milk*
- 12 *cups (3 quarts/2.8 L) whole milk*
- <sup>1</sup>/<sub>4</sub> *cup (50 ml) instant espresso granules*
- 2 *cinnamon sticks, broken into 1-inch (2.5 cm) pieces*

Combine chocolate and sweetened condensed milk in Slow Cooker ceramic pot. Cover and cook at HIGH 20 to 30 minutes, stirring every 10 minutes, or until chocolate is melted. Stir in whole milk, espresso granules, and cinnamon sticks. Cover and cook at LOW 4 to 6 hours, or until hot. Keep warm at BUFFET. You may choose to remove the cinnamon sticks when serving, or place stick in cup and serve with the Mocha Cocoa.

Yield: 20 servings (<sup>3</sup>/<sub>4</sub> cup [175 ml] per serving).

Per Serving: About 280 cal, 9 g pro, 34 g carb, 13 g total fat, 7 g sat fat, 30 mg chol, 115 mg sod.

## Orange-glazed Cornish Hens

---

- 2 slices fresh orange
- 2 Cornish hens  
(24 oz./681 g each),  
completely thawed,  
if frozen, and dried
- 12 pearl onions, peeled
- 4 small dark orange  
sweet potatoes,  
peeled and cut into  
halves lengthwise
- $\frac{1}{2}$  cup (125 ml) chicken  
broth
- $\frac{1}{4}$  cup (50 ml) white  
wine or chicken  
broth
- 2 tablespoons (30 ml)  
orange juice
- 1 teaspoon (5 ml)  
grated orange peel
- 2 tablespoons (30 ml)  
orange marmalade
- 1 tablespoon (15 ml)  
butter, softened
- 1 tablespoon (15 ml)  
soy sauce
- 2 tablespoons (30 ml)  
all-purpose flour
- $\frac{1}{4}$  cup (50 ml) water

Place orange slices in bottom of Slow Cooker ceramic pot. Place hens on top of orange slices. Place onions and sweet potatoes around hens. In small bowl, combine broth, wine (if desired, or substitute broth for wine), orange juice, and orange peel. Pour over hens and vegetables. In small bowl, combine marmalade, butter, and soy sauce. Spread over hens. Cover and cook at LOW 8 to 9 hours, or until hens are very tender.

With large slotted spoon, remove hens to cutting board. Cut each hen into halves through breast and back. Place hen halves on large platter; arrange onions and sweet potatoes around hens. Cover with foil to keep warm. Discard orange slices.

In small saucepan, combine flour and water. Mix in juices from the Slow Cooker. Bring to a boil over medium-high heat, stirring occasionally. Cook 1 minute. Serve with hens and vegetables.

Yield: 4 servings.

Per Serving: About 630 cal, 39 g pro, 42 g carb, 32 g total fat, 10 g sat fat, 220 mg chol, 650 mg sod.

# White Chili

---

- 1 package (1 lb./  
454 g) dried navy  
beans, rinsed and  
sorted
- 6 cups (1.4 L) water
- 2 cans (10½ oz./  
298 g each)  
condensed chicken  
broth
- 4 cups (1 quart/1 L)  
water
- 1 large onion, chopped
- 1 large carrot, finely  
chopped
- 4 cloves garlic,  
chopped
- 2-3 jalapeno peppers,  
seeded and finely  
chopped
- 2 teaspoons (10 ml)  
dried oregano
- 1½ teaspoons (7 ml)  
ground cumin
- ¼ teaspoon (1 ml)  
ground red pepper
- 1¼ pounds (568 g)  
boneless skinless  
chicken thighs
- 2 cups (500 ml) frozen  
shoepeg corn
- ¼ cup (50 ml) fresh  
lime juice

Combine beans and 6 cups (1.4 L) water in Slow Cooker ceramic pot. Cover and soak overnight.

Drain and rinse beans. Return beans to Slow Cooker ceramic pot. Add all remaining ingredients except corn and lime juice. Cover and cook at LOW 8 to 10 hours, or until beans are tender and chicken is thoroughly cooked.

Stir in corn and lime juice. Cover and cook at HIGH about 10 minutes. Stir well to break chicken into chunks.

Yield: 14 servings (1 cup [235 ml] per serving).

Per Serving: About 200 cal, 15 g pro, 26 g carb, 4 g total fat, 1 g sat fat, 30 mg chol, 320 mg sod.



# Sunday Pot Roast Dinner

---

- 1 *boneless beef  
bottom round roast  
(about 4 lb./2kg)*
- 2-3 *cloves garlic, cut into  
sivers*
- $\frac{1}{4}$  *teaspoon (1 ml) salt*
- $\frac{1}{4}$  *teaspoon (1 ml)  
black pepper*
- 3 *slices bacon,  
chopped*
- 2 *medium onions, cut  
into thin wedges*
- 1 *rib celery, cut into  
 $\frac{1}{2}$ -inch (1.25 cm)  
slices*
- 2 *pounds (1 kg) red  
potatoes, cut into  
 $1\frac{1}{2}$ -inch (3.75 cm)  
pieces*
- $\frac{1}{2}$  *pound (227 g)  
carrots, cut into  
1-inch (2.5 cm)  
pieces*
- $\frac{1}{2}$  *pound (227 g)  
parsnips\*, peeled,  
halved lengthwise,  
and cut into 1-inch  
(2.5 cm) pieces*
- 1 *teaspoon (5 ml) dried  
marjoram*
- $\frac{1}{2}$  *teaspoon (2 ml) dried  
thyme*
- 1 *can (10 $\frac{3}{4}$  oz./  
284 ml) condensed  
tomato soup*
- $\frac{1}{2}$  *cup (125 ml) plus  
 $\frac{1}{3}$  cup (75 ml)  
condensed beef  
consommé, divided*
- $\frac{1}{2}$  *teaspoon (2 ml) dry  
mustard*
- 2 *tablespoons (30 ml)  
balsamic vinegar*
- 3 *tablespoons (45 ml)  
all-purpose flour*

Pat roast dry with paper towels. Cut deep slits in surface of roast; insert garlic. Lightly salt and pepper meat. Set aside.

In large skillet, cook bacon until crisp; remove with slotted spoon and set aside. Add roast to drippings; cook 5 to 8 minutes, turning occasionally, until brown. Remove from heat.

Place onions and celery in Slow Cooker ceramic pot. Place roast on vegetables; pour drippings over roast. Add bacon, potatoes, carrots, and parsnips. Sprinkle with marjoram and thyme. In medium bowl, combine tomato soup,  $\frac{1}{2}$  cup (125 ml) consommé, mustard, and vinegar. Pour over mixture in Slow Cooker. Cover and cook at LOW 8 to 10 hours, or until roast and vegetables are tender.

Remove roast to cutting board. With slotted spoon, remove vegetables to serving bowl. Cover both to keep warm. In small bowl, mix flour and remaining  $\frac{1}{3}$  cup (75 ml) consommé. Stir into liquid in Slow Cooker. Cover and cook at HIGH about 10 minutes, or until thickened. Slice roast. Serve roast and vegetables with gravy.

Yield: 10 to 12 servings.

Per Serving: About 510 cal, 42 g pro, 29 g carb, 24 g total fat, 9 g sat fat, 110 mg chol, 460 mg sod.

\*If desired, substitute an additional  $\frac{1}{2}$  pound (227 g) carrots for the parsnips.

# Pulled BBQ Pork Sandwiches

---

- 1 *medium onion, coarsely chopped*
- 2 *tablespoons (30 ml) barbecue seasoning (available in the spice section)*
- 2 *teaspoons (10 ml) ancho chile or chili powder*
- ½ *teaspoon (2 ml) ground red pepper*
- 4½ *pounds (2.25 kg) boneless pork loin roast*
- 4 *large cloves garlic, minced*

## Sauce

- ¼ *cup (50 ml) molasses*
- ¼ *cup (50 ml) prepared chili sauce*
- 2 *tablespoons (30 ml) cider vinegar*
- 1 *tablespoon (15 ml) prepared yellow mustard*
- 1½ *teaspoons (7 ml) Worcestershire sauce*
- ½ *teaspoon (2 ml) salt*
- ½ *teaspoon (2 ml) black pepper*
- ½ *teaspoon (2 ml) liquid smoke flavor*
- ¼ *teaspoon (1 ml) hot pepper sauce*
- 20 *hard or kaiser rolls*

Place onion in Slow Cooker ceramic pot. In small bowl, combine barbecue seasoning, chile powder, and red pepper. Remove any netting from roast(s). Rub meat evenly with seasoning mixture; place on top of onion in Slow Cooker. Top with garlic.

In medium bowl, combine all sauce ingredients. Pour evenly over roast. Cover and cook at AUTO 6½ to 7½ hours, or until roast is very tender.

Remove pork to work surface. Skim fat from sauce, if desired. With 2 forks, shred pork. Return to Slow Cooker; stir into sauce. Serve immediately or keep warm at BUFFET. Serve on rolls.

Yield: 20 sandwiches (½ cup [125 ml] pork per serving).

Per Serving: About 330 cal, 28 g pro, 35 g carb, 8 g total fat, 2 g sat fat, 65 mg chol, 830 mg sod.

Tip: Pork mixture freezes well.

# Sausage and Egg Sourdough Strata

---

- 5 cups (1.2 L)  
( $\frac{1}{2}$ -in./1.25 cm  
cubed) *sourdough  
bread, divided*
- 12 ounces (340 g) *hot  
ground sausage,  
cooked, crumbled,  
and divided*
- 1 cup (4 oz./115 g)  
*shredded Cheddar  
cheese, divided*
- 1 cup (4 oz./115 g)  
*shredded Swiss  
cheese, divided*
- $\frac{1}{4}$  cup (50 ml) *chopped  
green onions, divided*
- $\frac{1}{2}$  *small red bell pepper,  
chopped and divided*
- 2 cups (500 ml)  
*frozen chopped  
spinach, thawed and  
squeezed dry*
- 6 eggs
- 2 cups (500 ml) *half-  
and-half*
- 1 teaspoon (5 ml) salt
- $\frac{1}{4}$  teaspoon (1 ml)  
*ground red pepper*

Layer half of bread, sausage, Cheddar cheese, Swiss cheese, onions, and red bell pepper in Slow Cooker ceramic pot sprayed with non-stick cooking spray. Top evenly with spinach. Repeat layers with remaining half of bread, sausage, Cheddar cheese, Swiss cheese, onions, and red bell pepper.

In large bowl, combine eggs, half-and-half, salt, and ground red pepper. Pour evenly over layered mixture. Cover and cook at LOW 2 to 3 hours, or until lightly puffed and center is set.

Yield: 8 servings.

Per Serving: About 400 cal, 20 g pro, 19 g carb, 27 g total fat, 14 g sat fat, 225 mg chol, 860 mg sod.

# Classic Beef Bourguignonne

- 3½ pounds (1.6 kg) boneless beef chuck roast\*, trimmed and cut into 1½-inch (3.75 cm) pieces*
- ½ pound (227 g) small pearl onions, peeled*
- 2 medium carrots, finely chopped*
- 4 tablespoons (60 ml) chopped fresh parsley leaves, divided*
- 2 teaspoons (10 ml) dried thyme, divided*
- 1¾ teaspoons (8 ml) dried marjoram, divided*
- 1 bay leaf*
- 4 cloves garlic, minced*
- 1½ cups (375 ml) burgundy wine, divided*
- 5 slices bacon, cut up*
- 12 ounces (340 g) mushrooms, cut into quarters*
- ⅔ cup (150 ml) condensed beef consommé (from 10-oz./295 ml can), divided*
- 2 tablespoons (30 ml) tomato paste (from tube or 6-oz./175 g can)*
- ¾ teaspoon (3 ml) salt*
- ½ teaspoon (2 ml) coarsely ground black pepper*
- ¼ cup (50 ml) all-purpose flour*

In large resealable food storage plastic bag or large bowl, combine beef, onions, carrots, 2 tablespoons (30 ml) parsley, 1¼ teaspoons (7 ml) thyme, 1 teaspoon (5 ml) marjoram, bay leaf, and garlic; mix well. Add ¾ cup (185 ml) wine; mix well to coat. Refrigerate at least 8 hours or overnight.

Place beef mixture in Slow Cooker ceramic pot. In medium skillet over medium heat, cook bacon until browned. Add bacon and drippings to Slow Cooker. Add remaining ¾ teaspoon (3 ml) thyme, ¾ teaspoon (3 ml) marjoram, and ¾ cup (185 ml) wine. Add mushrooms, ⅓ cup (75 ml) consommé, tomato paste, salt, and pepper; mix well. Cover and cook at SIMMER 8 to 10 hours, or until tender.

Remove and discard bay leaf. In small bowl, blend flour into remaining ⅓ cup (75 ml) consommé. Stir into beef mixture. Cover and cook at HIGH 10 to 15 minutes, or until thickened. Stir in remaining 2 tablespoons (30 ml) parsley. Serve with cooked noodles or mashed potatoes, if desired.

Yield: 10 servings (1 cup [250 ml] per serving).

Per Serving: About 510 cal, 34 g pro, 14 g carb, 34 g total fat, 13 g sat fat, 110 mg chol, 920 mg sod.

\*Substitute 2¾ pounds (1.3 kg) beef stew chunks for roast, if desired.

# Italian Meat Roll (Braciola)

---

- 1 *beef flank steak*  
(about 1½ lb./680 g)  
*Salt, if desired*  
*Black pepper, if desired*
- 6 *cloves garlic, minced*
- 1⅓ *cups (325 ml) loosely packed fresh basil leaves, well dried*
- ¾ *cup (175 ml) loosely packed fresh parsley leaves, well dried*
- ⅓ *cup (75 ml) loosely packed fresh oregano leaves, well dried*
- 6 *green onions, cut into 1-inch/2.5 cm pieces*
- ¾ *cup (185 ml) grated Parmesan cheese*
- 2 *tablespoons (30 ml) dry Italian bread crumbs*
- 3 *tablespoons (45 ml) olive oil, divided*
- 1 *medium onion, cut into wedges*
- 1 *small yellow or red bell pepper, coarsely chopped*
- 4 *Roma tomatoes, coarsely chopped*
- 1 *container (10 oz./295 ml) refrigerated marinara sauce*

Sprinkle both sides of steak lightly with salt and black pepper, if desired. Starting in center, pound steak with flat side of meat mallet into a rectangle (about ¼-inch/.6 cm thick). Set aside.

In food processor, position multipurpose blade in work bowl. With processor running, add garlic; process until minced. Add basil, parsley, oregano, and green onions; process until chopped. Add cheese, bread crumbs, and 1 tablespoon (15 ml) oil; process until blended. Leaving ½ inch (1.25 cm) on longest edges, spread mixture evenly over meat, pressing firmly. Starting on longest side, roll up jelly-roll style, folding in sides to enclose filling. Secure with wooden picks or kitchen string.\*

In large skillet or Dutch oven over medium-high heat, heat remaining 2 tablespoons (30 ml) oil. Add beef roll; cook 5 to 7 minutes, or until browned, turning occasionally.

Place medium onion in Slow Cooker ceramic pot sprayed with non-stick cooking spray. Add beef roll and any remaining juices from pan. Top with bell pepper and tomatoes. Drizzle evenly with marinara sauce. Cover and cook at SIMMER 8 to 10 hours, or until meat is very tender. Remove meat roll to work surface and cut into slices. Serve meat and sauce with cooked spaghetti or other favorite pasta.

Yield: 6 servings.

Per Serving: About 350 cal, 31 g pro, 15 g carb, 19 g total fat, 6 g sat fat, 55 mg chol, 380 mg sod.

Tip: If steak is ½ inch (1.25 cm) or thicker, butterfly meat using a very sharp, thin knife. Starting with longest side of steak, split horizontally without cutting through at opposite edge. Open steak and pound slightly to flatten.

\* Meat roll may be prepared to this point up to 8 hours in advance, wrapped in plastic wrap, and refrigerated.

# Celebration Stuffing

---

- 11 cups (2495 g)  
( $\frac{1}{2}$ -in./1.25 cm cubed) *sourdough, French and/or focaccia bread*
- $\frac{1}{2}$  cup (125 ml) *butter or margarine, melted*
- $\frac{1}{3}$  cup (75 ml) *olive oil*
- 2 tablespoons (30 ml) *butter or margarine*
- $\frac{1}{3}$  cup (75 ml) *chopped shallots*
- 12 ounces (340 g) *button mushrooms\**, cut into quarters
- 12 ounces (340 g) *ground pork sausage*
- 1 *medium apple, peeled, cored, and chopped*
- $\frac{1}{2}$  cup (125 ml) *walnuts or chestnuts, toasted and coarsely chopped*
- $\frac{1}{3}$  cup (75 ml) *chopped fresh parsley leaves*
- $\frac{1}{3}$  cup (75 ml) *chopped fresh sage leaves*
- 2 teaspoons (10 ml) *fresh thyme leaves*
- $\frac{1}{2}$  teaspoon (2 ml) *salt*
- $\frac{1}{2}$  teaspoon (2 ml) *cracked black pepper*
- $2\frac{1}{2}$  cups (625 ml) *chicken broth*
- 1 *egg, beaten*

In very large bowl, combine bread,  $\frac{1}{2}$  cup (125 ml) butter, and olive oil; toss to coat evenly. Spread on large baking sheet. Bake at 300°F (150°C) for 1 to 1½ hours, or until dried, stirring occasionally. Cool completely.

Place bread cubes in Slow Cooker ceramic pot sprayed with non-stick cooking spray. In medium skillet over medium-high heat, melt 2 tablespoons (30 ml) butter. Add shallots; cook and stir 2 minutes. Add mushrooms; cook 2 minutes, stirring occasionally. Add mushroom mixture to bread. In same skillet over medium-high heat, cook sausage until no longer pink, stirring frequently; drain. Add sausage, apple, walnuts, parsley, sage, thyme, salt, and pepper to bread mixture; mix well. In large bowl, combine broth and egg. Pour over bread mixture, stirring well until liquid is absorbed. Cover and cook at SIMMER 5 to 6 hours, or until set and internal temperature is at least 175°F (80°C). Stir well before serving.

Yield: 18 servings ( $\frac{1}{2}$  cup [125 ml] per serving).

Per Serving: About 250 cal, 5 g pro, 16 g carb, 19 g total fat, 7 g sat fat, 40 mg chol, 530 mg sod.

Tip: Firm-textured bread works best for this recipe; use an assortment of your favorite breads for interesting texture and flavor. Bread may be toasted up to 1 day in advance; store in loosely covered container in cool, dry place.

\*Substitute 3½ ounces (100 g) coarsely chopped shiitake mushrooms for 4 ounces (115 g) of the button mushrooms, if desired.

# Middle East Lentil and Vegetable Soup

---

- 2 pounds (1 kg) dried lentils, rinsed and sorted
- 1 cup (250 ml) yellow split peas, rinsed and sorted
- 16 cups (4 quarts/3.8 L) water
- 2 extra large cubes vegetable bouillon\*
- 1 large onion, chopped
- 1 medium red bell pepper, seeded and coarsely chopped
- 1 large potato, cut into 1½-inch (1.25 cm) cubes
- 2 medium carrots, finely chopped
- 6 cloves garlic, minced
- 3 bay leaves
- 1 tablespoon (15 ml) ground cumin
- 1 teaspoon (5 ml) fennel seeds, crushed
- 1 teaspoon (5 ml) ground red pepper
- 1½ teaspoons (7 ml) salt
- 1 teaspoon (5 ml) coarsely ground black pepper
- ½ cup (125 ml) chopped fresh cilantro
- ¼ cup (50 ml) fresh lemon juice

Combine all ingredients except cilantro and lemon juice in Slow Cooker ceramic pot. Cover and cook at SIMMER 8 to 10 hours. Stir in cilantro and lemon juice. Remove bay leaves before serving.

Yield: 24 servings (1 cup [250 ml] per serving).

Per Serving: About 180 cal, 12 g pro, 33 g carb, 0 g total fat, 0 g sat fat, 0 mg chol, 310 mg sod.

Tip: Freeze any leftovers in meal-size packages for future use.

\*One quart (1 L) vegetable broth may be substituted for bouillon cubes and 1 quart (1 L) water.

# Asian Snack Mix

---

- 2/3 cup (160 ml) butter, melted*
- 1/3 cup (80 ml) teriyaki baste and glaze sauce*
- 2 teaspoons (10 ml) ground ginger*
- 2 teaspoons (10 ml) dark sesame oil, if desired*
- 1 teaspoon (5 ml) garlic powder*
- 1/2 teaspoon (2 ml) ground red pepper*
- 1 package (10 oz./285 g) oyster crackers (6 cups /1,419 ml)*
- 1 package (9 oz./255 g) wasabi-coated peas\* (1 1/2 cups/355 ml)*
- 1 package (6 oz./170 g) wide chow mein noodles (3 1/2 cups/830 ml)*
- 1 cup (235 ml) plain or wasabi-coated whole almonds*
- 4 cups (945 ml) tiny pretzel twists*
- 3 cups (710 ml) crispy wheat cereal squares*

In small bowl, combine butter, teriyaki sauce, ginger, oil, if desired, garlic, and red pepper. Set aside.

Mix all remaining ingredients in Slow Cooker ceramic pot. Slowly pour butter mixture over cracker mixture. Stir to coat. Cook uncovered at LOW 3 to 4 hours, stirring every 30 minutes. Keep warm at BUFFET, if desired. Serve warm or cold.

Yield: 36 servings (1/2 cup [120 ml] per serving).

\* If wasabi-coated peas are not available, substitute 1 1/2 cups (355 ml) roasted, salted pumpkin seeds or 1 cup (235 ml) soy nuts.

Per Serving: About 170 cal, 4 g pro, 19 g carb, 9 g total fat, 3 g sat fat, 10 mg chol, 270 mg sod.



# Beef Short Ribs and Carrots

---

- 1 large onion, chopped*
- 1 bag (1 lb./455 g)  
baby cut carrots*
- 3-3½ pounds (1.5 kg)  
boneless beef chuck  
country style ribs\**
- 1 teaspoon (5 ml) salt*
- ½ teaspoon (2 ml)  
black pepper*
- ¾ cup (175 ml) beef  
broth*
- ¼ cup (60 ml) red wine  
or beef broth*
- 2 tablespoons (30 ml)  
brown sugar*
- 2 tablespoons (30 ml)  
prepared chili sauce*
- 3 tablespoons (45 ml)  
cold water*
- 3 tablespoons (45 ml)  
cornstarch*

Combine onion and carrots in Slow Cooker ceramic pot. Place ribs over vegetables. Sprinkle with salt and pepper. In small bowl, combine broth, wine, brown sugar, and chili sauce. Pour over ribs. Cover and cook at LOW 8 to 10 hours, or until beef is fork-tender.

Push beef and vegetables to one side of cooker. In small bowl, combine water and cornstarch. Stir into broth in Slow Cooker. Cover and cook at HIGH 20 to 30 minutes, or until broth is thickened. Serve with hot cooked noodles and a salad, if desired.

Yield: 8 to 10 servings.

Per Serving: About 270 cal, 23 g pro, 11 g carb, 14 g total fat, 6 g sat fat, 70 mg chol, 570 mg sod.

\*If boneless ribs are not available, use 5 to 6 pounds (2.5 to 3 kg) bone-in ribs.

# Blush Fruit Cobbler

## Cobbler

- 10 medium pears,  
peeled, cored, and  
sliced
- 2 medium apples,  
peeled, cored, and  
sliced or coarsely  
chopped
- 2 cups (475 ml)  
granulated sugar
- $\frac{1}{4}$  cup (60 ml) quick-  
cooking tapioca
- $\frac{1}{2}$  teaspoon (2 ml)  
nutmeg
- $\frac{1}{2}$  teaspoon (2 ml)  
cinnamon
- $\frac{2}{3}$  cup (160 ml) apple  
juice or water
- 3 cups (710 ml)  
(about 1 lb.) fresh or  
frozen raspberries

## Topping

- $1\frac{1}{2}$  cups (355 ml) all-  
purpose flour
- 3 tablespoons (45 ml)  
granulated sugar
- 2 tablespoons (30 ml)  
brown sugar
- 2 teaspoons (10 ml)  
baking powder
- $\frac{1}{4}$  teaspoon (1 ml)  
cinnamon
- $\frac{1}{2}$  teaspoon (2 ml) salt
- $\frac{1}{2}$  cup (120 ml) cold  
butter or margarine,  
cut up
- 1 egg, beaten
- $\frac{1}{4}$  cup (60 ml) whipping  
cream

In Slow Cooker ceramic pot sprayed with non-stick cooking spray, add pears and apples. Sprinkle with 2 cups (475 ml) granulated sugar, tapioca, nutmeg, and  $\frac{1}{2}$  teaspoon (2 ml) cinnamon; toss to coat. Drizzle with apple juice; toss to coat. Add raspberries; toss lightly to mix. Spread evenly in Slow Cooker.

In food processor, position multipurpose blade in work bowl. Add flour, 3 tablespoons (45 ml) granulated sugar, brown sugar, baking powder,  $\frac{1}{4}$  teaspoon (1 ml) cinnamon, and salt. Pulse 2 to 3 times to mix. Add butter. Pulse 3 to 4 times, about 3 seconds each time, or until crumbly.

In small bowl, blend egg and cream. Sprinkle egg mixture evenly over flour mixture. Pulse 2 to 3 times, about 4 seconds each time, or until mixed. Mixture will be stiff. Drop by spoonfuls evenly over fruit mixture. Cover and cook at HIGH  $1\frac{1}{2}$  to 2 hours. Keep warm at BUFFET for up to 2 hours. If desired, sprinkle with granulated sugar before serving, and serve with cream or ice cream.

Yield: 24 servings ( $\frac{1}{2}$  cup [120 ml] per serving).

Per Serving: About 210 cal, 2 g pro, 41 g carb, 5 g total fat, 3 g sat fat, 20 mg chol, 115 mg sod.

# Cheesy Potato-leek Soup

---

- 8 *slices bacon, chopped*
- 4 *leeks, white and light green part only, cut into halves and sliced*
- 1 *large onion, chopped*
- 2 *teaspoons (10 ml) sugar*
- 5 *medium (about 2 lb./1 kg) yellow or white potatoes, peeled, if desired, and cut into 1/2 inch (1.25 cm) cubes*
- 2 *cups (475 ml) water*
- 3 *cans (14 1/2 oz./ 415 ml each) chicken broth*
- 1/2 *teaspoon (2 ml) black pepper*
- 1/4 *teaspoon (1 ml) hot pepper sauce*
- 1 1/2 *cups (355 ml) whipping cream*
- 3 *tablespoons (45 ml) all-purpose flour*
- 2 *cups (8 oz./ 235 ml) shredded sharp Cheddar cheese*
- 8 *ounces (235 ml) process cheese spread (from 1-lb/455 g. loaf)*

In large skillet over medium-high heat, cook bacon until crisp. Remove bacon with slotted spoon; cover and refrigerate. Add leeks, onion, and sugar to drippings in skillet. Cook and stir over medium heat 5 to 8 minutes to wilt. Place onion mixture, potatoes, water, broth, black pepper, and pepper sauce in Slow Cooker ceramic pot. Mix well. Cover and cook at LOW 4 to 6 hours, or until potatoes are tender.

In medium bowl, blend cream and flour until well-mixed. Stir cream mixture, Cheddar cheese, cheese spread, and bacon into potato mixture. Cover and cook at HIGH about 10 minutes, or until slightly thickened and cheese can be stirred smooth.

Yield: 15 servings (1 cup [235 ml] per serving).

Per Serving: About 330 cal, 10 g pro, 21 g carb, 23 g total fat, 13 g sat fat, 70 mg chol, 850 mg sod.

# Cheesy Yukon Gold Potato, Ham and Egg Bake

---

- 12 cups (3 quarts/3 L) water
- 1 tablespoon (15 ml) salt
- 2 pounds (1 kg) Yukon Gold potatoes, shredded (7 to 8 cups/1.6 L)
- 8 eggs
- $\frac{1}{2}$  cup (120 ml) milk
- 2 tablespoons (30 ml) all-purpose flour
- 1 teaspoon (5 ml) salt
- $\frac{1}{4}$  teaspoon (1 ml) black pepper
- 1 medium onion, finely chopped
- $\frac{3}{4}$  pound (340 g) ham, finely chopped
- $\frac{1}{4}$  cup (60 ml) loosely packed fresh parsley leaves, chopped
- 8 ounces (2 cups/235 ml) shredded sharp Cheddar cheese, divided
- 4 ounces (1 cup [120 ml]) shredded fresh Parmesan cheese

Bring water to a boil in large Dutch oven. Add 1 tablespoon (15 ml) salt and potatoes. Cook 3 minutes. Drain well.

Meanwhile, in large bowl, beat eggs, milk, flour, 1 teaspoon (5 ml) salt, and pepper. Add onion, ham, parsley,  $1\frac{1}{2}$  cups (355 ml) Cheddar cheese, Parmesan cheese, and drained potatoes; mix well. Spoon mixture into Slow Cooker ceramic pot sprayed with non-stick cooking spray. Sprinkle with remaining  $\frac{1}{2}$  cup (120 ml) Cheddar cheese. Cover and cook at LOW  $2\frac{1}{2}$  to 3 hours, or until center is set and knife inserted in center comes out clean. Cut into squares to serve.

Yield: 8 to 10 servings.

Per Serving: About 400 cal, 28 g pro, 24 g carb, 21 g total fat, 12 g sat fat, 275 mg chol, 1,560 mg sod.

TIP: To determine if center is set without removing lid, tap lid to remove condensation. Gently shake Slow Cooker ceramic pot to see if center jiggles or is firm.

# Chicken and Dumplings

---

- 1 medium onion, chopped
- 1 large rib celery, sliced
- 1 large carrot, peeled, cut into halves lengthwise, and sliced
- 4 packages (1¼ lb. /565 g each) chicken breasts and/or thighs, skin removed
- 1½ teaspoons (7 ml) poultry seasoning
- 1½ teaspoons (7 ml) dried thyme
- 1 teaspoon (5 ml) salt
- 1 teaspoon (5 ml) black pepper
- 2 cloves garlic, minced
- 2 small leeks, white part only, sliced
- 5 cups (1.2 L) chicken broth
- 1 cup (235 ml) dry white wine
- ½ cup (120 ml) frozen peas

Place onion, celery, and carrot in Slow Cooker ceramic pot. Sprinkle chicken with 1½ teaspoons (355 ml) poultry seasoning, thyme, 1 teaspoon (5 ml) salt, and pepper. Place in Slow Cooker. Top with garlic and leeks. Add broth and wine. Cover and cook at HIGH 4 to 6 hours, or until chicken is very tender.

Remove chicken to work surface. Remove and discard bones. Pull chicken into large chunks with 2 forks, or cut into large pieces. Return chicken to broth; add peas. Cover and continue cooking at HIGH.

Meanwhile, in medium bowl, combine flour, baking powder, ½ teaspoon (2 ml) poultry seasoning, and 1 teaspoon (5 ml) salt. Using a pastry blender, cut shortening into flour mixture until coarse particles form. In small bowl, combine ⅓ cup (80 ml) milk and egg. Sprinkle over flour mixture. Stir with a fork until mixture is moistened, adding remaining milk 1 to 2 tablespoons (5 to 10 ml) at a time, if needed. Quickly drop dumpling mixture by rounded teaspoons onto chicken mixture. Cover and cook at HIGH 25 to 35 minutes, or until dumplings are set. With spoon or fork, break dumplings apart. Fold gently into chicken mixture. Serve immediately or keep warm at BUFFET for up to 2 hours. If desired, top with chopped parsley.

Yield: 8 servings (1¼ cups [295 ml] per serving).

Per Serving: About 450 cal, 49 g pro, 34 g carb, 10 g total fat, 2.5 sat fat, 135 mg chol, 1,510 mg sod.

## Dumplings

- 2 cups (475 ml) all-purpose flour
- 1 tablespoon (15 ml) baking powder
- ½ teaspoon (2 ml) poultry seasoning
- 1 teaspoon (5 ml) salt
- ¼ cup (60 ml) shortening
- ⅓-½ cup (80-120 ml) milk
- 1 egg, beaten

# Chipotle Chicken Drummettes

---

- 3 pounds (1.5 kg) chicken drummettes
- 2 tablespoons (30 ml) chili powder
- 2 tablespoons (30 ml) ground cumin
- 1 tablespoon (15 ml) dried oregano
- 1 tablespoon (15 ml) garlic powder
- 1 tablespoon (15 ml) brown sugar
- 1 can (15 oz./445 ml) tomato sauce
- <sup>1</sup>/<sub>4</sub> cup (60 ml) chipotle chiles in adobo sauce (from 7-oz./205 ml can)

In large bowl, place drummettes. In small bowl, combine all remaining ingredients except tomato sauce and chipotle chiles. Sprinkle <sup>2</sup>/<sub>3</sub> of spice mixture on chicken; toss to coat evenly. Arrange chicken on tray. Broil 6 inches (15.24 cm) from heat about 15 minutes, or until browned, turning once.

Meanwhile, in food processor, position multipurpose blade in work bowl. Add tomato sauce, chipotle chiles, and remaining <sup>1</sup>/<sub>3</sub> spice mixture. Process 5 to 10 seconds, or until smooth.

Place drummettes in Slow Cooker ceramic pot. Pour tomato mixture over drummettes. Stir gently to coat chicken. Cook at LOW 4½ to 5 hours, or until chicken is fork-tender.

Yield: 15 servings (about 2 drummettes per serving).

Per Serving: About 230 cal, 18 g pro, 5 g carb, 15 g total fat, 4 g sat fat, 70 mg chol, 260 mg sod.

# Chocolate Peanut Butter Pudding Cake

---

- 3 cups (710 ml) all-purpose flour
- 1½ cups (355 ml) packed brown sugar
- ½ cup (120 ml) granulated sugar
- ¾ cup (175 ml) unsweetened cocoa powder
- 4 teaspoons (20 ml) baking powder
- ¼ teaspoon (1 ml) salt
- 1½ cups (355 ml) milk
- 3 tablespoons (45 ml) butter or margarine, melted
- 2 teaspoons (10 ml) vanilla
- ½ cup (120 ml) peanut butter
- ½ cup (120 ml) powdered sugar
- 1 tablespoon (15 ml) plain dry bread crumbs
- 1½ cups (355 ml) packed brown sugar
- ¼ cup (60 ml) granulated sugar
- ⅓ cup (80 ml) unsweetened cocoa powder
- 3 cups (710 ml) boiling water

In large bowl, add flour, 1½ cups (355 ml) brown sugar, ½ cup (120 ml) granulated sugar, ¾ cup (175 ml) cocoa, baking powder, and salt; mix well. Blend in milk, butter, and vanilla. (Batter will be very thick.) Spread evenly into Slow Cooker ceramic pot sprayed with non-stick cooking spray.

In small bowl, combine peanut butter, powdered sugar, and bread crumbs. Drop peanut butter mixture by small teaspoonfuls over batter.

In medium bowl, combine 1½ cups (355 ml) brown sugar, ¼ cup (60 ml) granulated sugar, and ⅓ cup (125 ml) cocoa. Sprinkle evenly over cake mixture. Slowly pour boiling water evenly over topping. Do not stir. Tear off 4 paper towels; do not separate. Fold to make a double layer. Place over opening of ceramic pot. Cover (catching paper towel under lid) and cook at HIGH 2 to 2½ hours, or until wooden pick inserted in center comes out clean. Keep warm at BUFFET for up to 2 hours.

Yield: 16 servings (¾ cup [175 ml] per serving).

Per Serving: About 390 cal, 6 g pro, 77 g carb, 7 g total fat, 2.5 g sat fat, 5 mg chol, 220 mg sod.

## Country Pork Ribs, 'Kraut and Vegetables

---

- 4 cups (945 ml) shredded cabbage
- 2 carrots, cut into 1/2 inch (1.25 cm) pieces
- 1 onion, cut into halves lengthwise and sliced
- 3 large red potatoes, cut into eighths
- 3/4 teaspoon (4 ml) caraway seeds, if desired
- 2 pounds (1 kg) boneless country-style pork ribs
- 3/4 cup (175 ml) apple juice
- 2 tablespoons (30 ml) brown sugar
- 1 tablespoon (15 ml) prepared mustard
- 1 teaspoon (5 ml) salt
- 1/4 teaspoon (1 ml) paprika
- 1/4 teaspoon (1 ml) black pepper
- 1 can (14 oz./415 ml) sauerkraut, drained

Layer cabbage, carrots, onion, potatoes, and caraway, if desired, in Slow Cooker ceramic pot. Arrange ribs in single layer over vegetables. In small bowl, combine apple juice, brown sugar, mustard, salt, paprika, and pepper. Pour over pork. Spread sauerkraut over pork. Cover and cook at LOW 7 to 9 hours, or until pork is fork-tender. Serve with slotted spoon.

Yield: 6 to 8 servings.

Per Serving: About 390 cal, 30 g pro, 35 g carb, 14 g total fat, 5 g sat fat, 85 mg chol, 920 mg sod.

## Creamy Apple-cranberry Rice Pudding with Almonds

---

- 6 cups (1.5 L) whole milk or soy milk
- 1 1/4 cups (295 ml) sugar
- 1/2 teaspoon (2 ml) salt
- 2 cups (475 ml) converted white rice
- 2 apples, peeled, cored, and diced
- 3/4 cup (175 ml) sweetened dried cranberries
- 2 teaspoons (10 ml) vanilla
- 2 cups (475 ml) whipping cream
- 1/2 cup (475 ml) slivered almonds, toasted
- 1/2 teaspoon (2 ml) cinnamon

Combine milk, sugar, and salt in Slow Cooker ceramic pot sprayed with non-stick cooking spray. Stir in rice. Add apples and cranberries. Cover and cook at SIMMER 5 to 6 hours, or until rice and apples are very tender.

Stir rice mixture. Stir in vanilla, cream, and almonds. Sprinkle top with cinnamon. If desired, keep warm at BUFFET for up to 2 hours. Serve warm or cool.

YIELD: 24 servings (1/2 cup [120 ml] per serving).

Per Serving: About 230 cal, 4 g pro, 31 g carb, 11 g total fat, 6 g sat fat, 35 mg chol, 80 mg sod.

TIP: To toast almonds, bake at 350°F (177°C) for 5 to 7 minutes, or until golden.



# Curry-style Lamb Stew

---

- 3 *tablespoons (45 ml) olive oil*
- 1/4 teaspoon (1 ml) salt*
- 1/4 teaspoon (1 ml) black pepper*
- 3 *pounds (1.5 kg) boneless lamb shoulder\*, trimmed and cut into 1-inch (2.5 cm) pieces*
- 6-8 *cloves garlic, minced*
- 1 *can (15 oz. [445 ml]) diced tomatoes, undrained*
- 2/3 cup (160 ml) beef broth*
- 1/3 cup (80 ml) white wine*
- 1 *jumbo onion, coarsely chopped*
- 1 *piece (2-in. long) gingerroot, peeled and chopped*
- 1 *tablespoon (15 ml) ground coriander*
- 1 1/2 teaspoons (20 ml) cumin seeds*
- 1 *teaspoon (15 ml) salt*
- 3/4 teaspoon (4 ml) garam masala*
- 3/4 teaspoon (4 ml) turmeric*
- 1/2 teaspoon (2 ml) crushed red pepper flakes*
- 2 *pieces 2-in. (5 cm) each cinnamon stick*
- 8 *whole cloves*
- 7  *pods cardamom, split, seeds reserved, and pods discarded*
- 3 *bay leaves*
- 3 *cups (710 ml) coarsely torn fresh spinach*

In large skillet over medium-high heat, heat oil. Sprinkle  $\frac{1}{4}$  teaspoon (1 ml) salt and black pepper over lamb. Add lamb and garlic to oil. Cook and stir 3 to 5 minutes, or until browned. Remove from heat.

Place lamb mixture and remaining ingredients except spinach and rice in Slow Cooker ceramic pot. Cover and cook at LOW 6 to 8 hours, or until lamb is very tender. Remove and discard bay leaves, cinnamon, and cloves.

Add spinach; stir until slightly wilted. Serve over hot cooked basmati rice, if desired.

Yield: 9 servings (about  $\frac{3}{4}$  cup [175 ml] per serving).

Per Serving: About 290 cal, 31 g pro, 6 g carb, 15 g total fat, 4.5 g sat fat, 100 mg chol, 630 mg sod.

\*Two pounds (905 g) well-trimmed lamb stew meat may be substituted.

# Golden Vegetable and Split Pea Soup

---

- 2 pounds (112 g)  
*yellow split peas,  
rinsed and sorted*
- 3 carrots, shredded
- 2 cups (475 ml)  
*peeled, seeded, and  
shredded winter  
squash (acorn,  
buttercup, or  
butternut)*
- 1 small onion, chopped
- 1 rib celery, chopped
- 2 cups (475 ml) frozen  
*white shoepeg corn,  
thawed*
- 8 cups (2 quarts/2 L)  
*chicken broth*
- 4 cups (1 quart/1 L)  
*water*
- 1 tablespoon (15 ml)  
*fresh thyme leaves*
- 2 teaspoons (30 ml)  
*salt*
- 1 teaspoon (5 ml) hot  
*pepper sauce*

Mix all ingredients in Slow Cooker ceramic pot. Cover and cook at LOW 6½ to 7½ hours, or until peas are very soft.

Yield: 17 servings (1 cup [235 ml] per serving).

Per Serving: About 240 cal, 16 g pro, 44 g carb, 0 g total fat, 0 g sat fat, 0 mg chol, 760 mg sod.

## Herbed Parmesan Polenta

---

- 6½ cups (1.5 L) boiling water\*
- 2 tablespoons (30 ml) butter or olive oil
- 2 cups (475 ml) yellow cornmeal
- 2 teaspoons (10 ml) salt
- ⅛ teaspoon (.5 ml) ground red pepper
- ½ cup (115 g) shredded Parmesan cheese
- ⅓ cup (80 ml) sliced green onions
- ¼ cup (60 ml) chopped fresh basil leaves
- 3 tablespoons (45 ml) chopped fresh parsley leaves
- 1 tablespoon (15 ml) chopped fresh oregano leaves
- 1 teaspoon (5 ml) fresh thyme leaves

Place water and butter in Slow Cooker ceramic pot sprayed with non-stick cooking spray. Using plastic-coated whisk, slowly whisk cornmeal into water until blended and butter melts. Stir salt and ground red pepper into cornmeal mixture. Cover and cook at AUTO 5 to 6 hours, or until thickened and cornmeal is rehydrated.

Stir in cheese, onions, basil, parsley, oregano, and thyme. Spread polenta in greased 9x5x3-inch (23x12x7 cm) loaf pan or 13x9x2-inch (33x22x5 cm) baking pan. Cool until firm or refrigerate up to 2 days before serving. Cut into slices or squares.

Yield: 12 servings.

Per Serving: About 120 cal, 3 g pro, 18 g carb, 3 g total fat, 2 g sat fat, 5 mg chol, 460 mg sod.

\*Three cups (710 ml) chicken or vegetable broth may be substituted for 3 cups (710 ml) water. Omit salt.

TIPS: To serve, place polenta on baking sheet, brush lightly with olive oil or melted butter, and sprinkle evenly with shredded Parmesan cheese. Bake at 350°F (180°C) for 25 to 30 minutes, or until hot and cheese is melted. Also, try sautéing polenta in olive oil or butter until browned; top with warm marinara sauce and Parmesan cheese.

# Italian Herbed Red Potatoes

---

- 3 *pounds (1.5 kg) medium red potatoes, cut into 2-inch (5 cm) pieces*
- <sup>2</sup>/<sub>3</sub> *cup (160 ml) chicken or vegetable broth*
- 1 *small onion, cut into halves lengthwise and thinly sliced*
- 2 *cloves garlic, minced*
- 1 *teaspoon (5 ml) dried basil*
- <sup>1</sup>/<sub>2</sub> *teaspoon (2 ml) salt*
- <sup>1</sup>/<sub>2</sub> *teaspoon (2 ml) dried rosemary, crushed*
- <sup>1</sup>/<sub>4</sub> *teaspoon (1 ml) dried thyme*
- <sup>1</sup>/<sub>4</sub> *teaspoon (1 ml) dried oregano*
- <sup>1</sup>/<sub>4</sub>-<sup>1</sup>/<sub>2</sub> *teaspoon (1-2 ml) coarsely ground black pepper*
- 4 *slices bacon, cooked crisp and crumbled, if desired*

Combine all ingredients except bacon in Slow Cooker ceramic pot; mix well. Cover and cook at HIGH 2 to 3 hours, or until potatoes are tender. Stir in bacon during last 10 to 15 minutes of cooking, if desired.

Yield: 15 servings (<sup>1</sup>/<sub>2</sub> cup [120 ml] per serving).

Per Serving: About 70 cal, 2 g pro, 15 g carb, 0 g total fat, 0 g sat fat, 0 mg chol, 125 mg sod.

## Hot Buttered Cider

---

- 8 cups (2 quarts/1.9 L) apple cider
- 1-1 $\frac{1}{3}$  cups (307 ml) light rum\*
- $\frac{1}{3}$  cup (80 ml) packed brown sugar
- 6 pieces (2-in./5 cm each) cinnamon sticks
- 1 teaspoon (5 ml) whole cloves
- 3 pods cardamom, crushed
- 1 tablespoon (15 ml) grated lemon peel
- $\frac{1}{2}$  cup (115 g) butter, softened
- $\frac{1}{2}$  teaspoon (2 ml) nutmeg

Combine cider, rum, and brown sugar in Slow Cooker ceramic pot. On 6-inch (15 cm) square of cheesecloth, place cinnamon, cloves, and cardamom. Bring ends up to enclose spices. With string or thread, tie bundle closed, leaving some space. Place spice bundle in cider. Cover and cook at AUTO 2 to 3 hours. Stir in lemon peel. Turn to BUFFET to keep warm.

In small bowl, combine butter and nutmeg. Before serving, stir entire mixture into cider to melt, stirring frequently while serving, OR top each serving with about 1 teaspoon (5 ml) butter mixture.

Yield: 18 servings ( $\frac{1}{2}$  cup [120 ml] per serving).

Per Serving: About 140 cal, 0 g pro, 17 g carb, 5 g total fat, 3 g sat fat, 15 mg chol, 50 mg sod.

\*Substitute 1 tablespoon (15 ml) rum extract and water to equal 1 cup (235 ml), if desired.

TIP: Spices may be added directly to the cider, omitting cheesecloth bundle. Strain cider before serving.

# Jerk chicken

---

- 1 *medium onion, cut into thin wedges*
- 3 *serrano chile peppers, seeded and cut into 1-inch (2.5 cm) lengths*
- 1 *piece (1½ in./3.8 cm long) gingerroot, peeled and cut into eighths*
- 2 *cloves garlic*
- ¼ *small onion, cut into 1-inch (2.5 cm) pieces*
- 3 *tablespoons (45 ml) olive oil*
- 1 *teaspoon (5 ml) salt*
- 1 *teaspoon (5 ml) dried thyme*
- ¾ *teaspoon (4 ml) cinnamon*
- ½ *teaspoon (2 ml) ground allspice*
- ½ *teaspoon (2 ml) ground red pepper*
- ¼ *teaspoon (1 ml) ground cloves*
- 2 *whole chickens, cut into serving pieces and skin removed*
- 2 *jalapeno peppers, seeded and cut into thin strips*
- ½ *cup (120 g) finely chopped fresh pineapple or 1 (8 oz.) can (235 ml) crushed pineapple in juice, well drained*
- 3 *tablespoons (45 ml) brown sugar*
- ¼ *teaspoon (1 ml) salt*
- ¼ *teaspoon (1 ml) ground red pepper*
- ¼ *cup (60 ml) chicken broth*

Spread 1 medium onion in Slow Cooker ceramic pot. In food processor, position multipurpose blade in work bowl. With processor running, add serrano chile peppers, gingerroot, and garlic. Add ¼ small onion; pulse to finely chop. Add oil, 1 teaspoon (5 ml) salt, thyme, cinnamon, allspice, ½ teaspoon (2 ml) red pepper, and cloves. Process until mixed. Rub mixture evenly over chicken.

Place chicken over onions in Slow Cooker; top with jalapeno peppers. In small bowl, combine pineapple, brown sugar, ¼ teaspoon (1 ml) salt, and ¼ teaspoon (1 ml) red pepper. Pour pineapple mixture evenly over chicken; pour broth evenly over chicken. Cover and cook at AUTO 6 to 8 hours, or until chicken is very tender.

Remove and discard bones. Serve over rice or in sandwich rolls, if desired.

Yield: 8 servings.

Per Serving: About 270 cal, 36 g pro, 8 g carb, 10 g total fat, 2 g sat fat, 115 mg chol, 520 mg sod.

## Maple Apples and Acorn Squash

---

- 4 *large green apples, peeled, cored, and cut into 6 wedges each*
- 1/4 cup (60 ml) finely chopped onion*
- 1/4 cup (60 ml) all-purpose flour*
- 1/4 cup (60 ml) packed brown sugar*
- 1/2 teaspoon (2 ml) salt*
- 1/2 teaspoon (2 ml) ground cinnamon*
- 2 *tablespoons (15 ml) butter, softened*
- 1/2 cup (120 ml) maple syrup*
- 2 *large acorn squash, washed, cut into 6 wedges each, and seeds removed*
- 1/8 teaspoon (.5 ml) salt*
- 1/8 teaspoon (.5 ml) black pepper*

In large bowl, mix apples, onion, flour, brown sugar, 1/2 teaspoon (2 ml) salt, and cinnamon. Pour into Slow Cooker ceramic pot. Dot with butter. Drizzle with syrup. Sprinkle squash with salt and pepper. Arrange over apples, peel sides up. Press down into apples. Cover and cook at AUTO 5 to 6 hours, or until squash and apples are tender.

Remove squash to large serving platters; cover to keep warm. Cover Slow Cooker and cook at HIGH about 10 minutes, or until apple mixture thickens. Spoon over squash before serving.

Yield: 12 servings.

Per Serving: About 130 cal, 1 g pro, 29 g carb, 2 g total fat, 1 g sat fat, 5 mg chol, 140 mg sod.

## Mediterranean Lamb Shanks

---

- 4 *pounds (64 oz.) lamb shanks, cut crosswise into about 3-inch (7 cm) pieces*
- 2 *cloves garlic, minced*
- 1/4 cup (60 ml) chopped fresh oregano leaves*
- 2 *tablespoons (30 ml) balsamic vinegar*
- 2 *teaspoons (10 ml) salt*
- 2 *cans (19 oz./562 ml each) cannellini beans, drained*
- 1 *can (14 1/2 oz./429 ml) diced tomatoes, undrained*
- 12 *cipollini or pearl onions, peeled*
- 1/2 cup (120 ml) pitted kalamata olives, cut into halves*

Place lamb in large bowl. In small bowl, combine garlic, oregano, vinegar, and salt. Add to lamb; mix to coat evenly. Combine beans, tomatoes, cipollini, and olives in Slow Cooker ceramic pot. Place seasoned meat over bean mixture. Cover and cook at LOW 7 to 9 hours, or until lamb is fork-tender. Skim and discard fat before serving.

Yield: 6 servings.

Per Serving: About 420 cal, 36 g pro, 33 g carb, 15 g total fat, 6 g sat fat, 105 mg chol, 1,510 mg sod.

# Molasses Mixed Bean Pot

---

- 7 cups (1.6 L) water
- 1 pound (455 g) dried navy beans, rinsed and sorted
- <sup>1</sup>/<sub>2</sub> pound (225 g) dried pinto beans, rinsed and sorted
- <sup>1</sup>/<sub>2</sub> pound (225 g) dried baby lima beans, rinsed and sorted
- 1 large onion, chopped
- <sup>3</sup>/<sub>4</sub> cup (175 ml) packed brown sugar
- <sup>1</sup>/<sub>2</sub> cup (120 ml) mild molasses
- <sup>1</sup>/<sub>4</sub> cup (60 ml) cider vinegar
- 2 teaspoons (10 ml) salt

Bring water to a boil. Place boiling water and all remaining ingredients in Slow Cooker ceramic pot sprayed with non-stick cooking spray. Mix well. Cover and cook at AUTO about 10 hours.

Yield: 24 servings ( <sup>1</sup>/<sub>2</sub> cup [120 ml] per serving).

Per Serving: About 170 cal, 8 g pro, 35 g carb, 0 g total fat, 0 g sat fat, 0 mg chol, 200 mg sod.



# Pork Chops with Gingered Pears, Apples and Onion

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- 6 *thick boneless pork loin chops (2½ to 3 lb./1-1½ kg)*
- ¼ *teaspoon (1 ml) salt*
- ¼ *teaspoon (1 ml) black pepper*
- 3 *tablespoons (45 ml) butter or margarine*
- 1 *tablespoon (15 ml) olive oil*
- 3 *pears, peeled, cored, and cut into ½-inch (1.25 cm) slices*
- 2 *apples, peeled, cored, and cut into ½-inch (1.25 cm) slices*
- 1 *large onion, cut into thin wedges*
- ½ *jalapeno pepper, seeded and chopped*
- 2 *teaspoons (10 ml) finely chopped gingerroot*
- 2 *cloves garlic, minced*
- 1 *tablespoon (15 ml) balsamic vinegar*
- 2 *teaspoons (10 ml) brown sugar*
- ½ *teaspoon (2 ml) salt*
- 2 *tablespoons (30 ml) cornstarch*
- 3 *tablespoons (45 ml) water or apple juice*

Sprinkle both sides of chops with ¼ teaspoon (1 ml) salt and black pepper. In large skillet over medium-high heat, heat butter and oil. Add chops; cook 3 to 4 minutes per side to brown. Remove pan from heat; remove chops and set aside.

Heat skillet with drippings over medium-high heat; add pears, apples, and onion. Cook and stir 2 minutes. Stir in jalapeno pepper, gingerroot, garlic, vinegar, brown sugar, and ½ teaspoon (2 ml) salt. Reduce heat to medium; cook 5 minutes, stirring occasionally.

Pour pear mixture into Slow Cooker ceramic pot. Top with pork chops. Cover and cook at SIMMER 6 to 7 hours, or until chops are very tender.

In small bowl, blend cornstarch into water. Stir into fruit mixture around pork chops. Cover and cook at HIGH 20 to 30 minutes. Serve with tossed salad and crusty bread, if desired.

Yield: 6 servings.

Per Serving: About 450 cal, 31 g pro, 25 g carb, 25 g total fat, 10 g sat fat, 115 mg chol, 430 mg sod.

# Pork Sirloin Roast with Brown Onion Gravy

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- 1 large onion, chopped*
- 1 boneless pork sirloin roast, tied\* (about 4½ lb./2 kg)*
- 1½ teaspoons (7 ml) ground coriander*
- 1 teaspoon (5 ml) salt*
- ¼ teaspoon (1 ml) black pepper*
- 1 cup (235 ml) beef broth*
- 1 tablespoon (15 ml) Worcestershire sauce*
- ½ cup (120 ml) cold water*
- ½ cup (120 ml) all-purpose flour*

Place onion in Slow Cooker ceramic pot. Place roast over onion. Rub coriander, salt, and pepper over roast. Pour broth and Worcestershire sauce around roast. Cover and cook at LOW 8 to 10 hours, or until fork-tender.

Remove roast from Slow Cooker; cover to keep warm. Ladle 3 cups (710 ml) of juices from Slow Cooker into medium saucepan. In small bowl, combine water and flour. Stir into juices in saucepan. Bring to a boil over medium-high heat; cook until thickened. Season to taste. Remove string from roast and slice. Serve with gravy and mashed potatoes, if desired.

Yield: 10 servings.

Per Serving: About 260 cal, 39 g pro, 7 g carb, 8 g total fat, 2.5 g sat fat, 115 mg chol, 420 mg sod.

\* Tie roast every 1½ inches (3.75 cm) with kitchen string. If roast comes with netting, remove it before tying.

# Ratatouille Bean Stew

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- 1 cup (235 ml) dried garbanzo beans, rinsed and sorted
- 1 cup (235 ml) dried red kidney beans, rinsed and sorted
- 10½ cups (2.5 L) water, divided
- 2 large vegetable bouillon cubes or 4 teaspoons (20 ml) instant chicken bouillon granules
- 3 cloves garlic, minced
- 1 large onion, cut into halves and sliced
- 2 medium eggplants, peeled and cut into ¾-inch (2 cm) cubes
- 1 medium green bell pepper, cut into ¾-inch (2 cm) pieces
- 1 large zucchini, cut into ¾-inch (2 cm) pieces
- 2 teaspoons (10 ml) Italian seasoning
- 1 teaspoon (5 ml) salt
- 1 teaspoon (5 ml) dried basil
- ¼ teaspoon (1 ml) crushed red pepper flakes
- 2 tablespoons (30 ml) balsamic vinegar
- 1 can (14½ oz./ 428 ml) diced tomatoes with basil, garlic, and oregano
- 2 tablespoons (30 ml) extra virgin olive oil, if desired
- Shredded Parmesan cheese, if desired

In large bowl, combine garbanzo and kidney beans; add 6 cups (1.5 L) water. Soak overnight.

Drain beans and place in Slow Cooker ceramic pot. Add remaining 4½ cups (1 L) water, bouillon, and garlic; mix well. Layer onion, eggplants, green bell pepper, and zucchini over beans. Sprinkle Italian seasoning, salt, basil, red pepper flakes, and balsamic vinegar over vegetables. Pour tomatoes evenly over top. Cover and cook at AUTO 8 to 10 hours, or until beans are tender. Stir in olive oil, if desired; mix well before serving. Garnish individual servings with shredded Parmesan cheese, if desired.

Yield: 12 servings (1 cup [235 ml] per serving).

Per Serving: About 160 cal, 9 g pro, 30 g carb, 1.5 g total fat, 0 g sat fat, 0 mg chol, 700 mg sod.

# Spicy Chipotlé Turkey Wraps

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- 1 medium onion, cut into wedges
- $\frac{1}{4}$  cup (60 ml) chicken broth or water
- 6½ -7 pounds (3 kg) turkey thighs, skin removed
- 1 teaspoon (5 ml) dried oregano
- 1 teaspoon (5 ml) cumin seeds
- $\frac{3}{4}$  teaspoon (4 ml) salt
- $\frac{1}{2}$  teaspoon (2 ml) black pepper
- 6 Roma tomatoes, chopped
- 2 tablespoons (30 ml) chopped chipotlé chiles in adobo sauce (from 7-oz./ 205 ml can)
- 1 tablespoon (15 ml) honey
- 4 cloves garlic, minced
- $\frac{1}{2}$  teaspoon (2 ml) salt
- $\frac{1}{4}$  cup (60 ml) chopped fresh cilantro leaves
- 2 tablespoons (30 ml) fresh lime juice
- 24 large (10 in./ 25 cm) flour tortillas, warmed

Place onion and broth in Slow Cooker ceramic pot. Top with turkey. Sprinkle with oregano, cumin,  $\frac{3}{4}$  teaspoon (4 ml) salt, and pepper.

In medium bowl, combine tomatoes, chiles in adobo sauce, honey, garlic, and  $\frac{1}{2}$  teaspoon (2 ml) salt. Pour evenly over turkey. Cover and cook at LOW 7 to 9 hours, or until turkey is very tender.

Remove turkey to work surface. Remove and discard bones. With 2 forks, pull turkey into shreds. Return to Slow Cooker. Stir in cilantro and lime juice. Keep turkey warm at BUFFET, or with slotted spoon, spoon on to tortillas and roll to enclose filling. Serve with guacamole, sour cream, and chopped tomatoes, if desired.

Yield: 24 wraps ( $\frac{1}{2}$  cup [120 ml] turkey mixture per serving).

Per Serving: About 330 cal, 22 g pro, 39 g carb, 9 g total fat, 2.5 g sat fat, 55 mg chol, 660 mg sod.

TIP: Turkey mixture freezes well.

# Shredded Beef Au Jus Sandwiches

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- 2 *boneless beef chuck roasts (about 4 lb./ 2 kg total)*
- 6 *large cloves garlic, sliced*
- 1 *large onion, cut into halves lengthwise and sliced*
- 2 *tablespoons (30 ml) brown sugar*
- 2 *tablespoons (30 ml) prepared horseradish*
- 1 *teaspoon (5 ml) salt*
- <sup>3</sup>/<sub>4</sub> *teaspoon (4 ml) black pepper*
- 1 *can (10<sup>3</sup>/<sub>4</sub> oz./ 325 ml) condensed beef broth*
- 4 *French baguettes\*, cut into 4 sections each*

Trim all visible fat from roasts. Cut slits in surface of roasts; insert garlic. Place onion in Slow Cooker ceramic pot. Place roasts over onion. Spread brown sugar and horseradish over surface of roasts. Sprinkle with salt and pepper. Pour broth around roasts. Cover and cook at LOW 8 to 10 hours, or until meat is fork-tender.

Meanwhile, split baguette sections lengthwise; toast insides lightly, if desired.

Remove roasts to cutting board. Using 2 forks, pull meat into shreds. Return to Slow Cooker and combine with onion and broth mixture. Turn to BUFFET while serving sandwiches. Use a slotted spoon to portion about <sup>1</sup>/<sub>2</sub> cup (115 g) meat mixture into bread. Ladle broth into individual small bowls for dipping sandwiches, or spoon a small amount of broth over meat in sandwiches.

Yield: 16 sandwiches (1 sandwich per serving).

Per Serving: About 330 cal, 31 g pro, 33 g carb, 7 g total fat, 2 g sat fat, 50 mg chol, 690 mg sod.

\*Sixteen kaiser rolls may be substituted for baguettes.

# Turkey Breasts with Brown and Wild Rice

- 6 slices bacon, cut up
- 1/2 cup (120 ml) chopped onion
- 1 medium carrot, chopped
- 1 medium rib celery, chopped
- 1 can (10 3/4 oz./325 ml) condensed cream of mushroom with roasted garlic soup
- 1 can (10 3/4 oz./325 ml) condensed cream of chicken soup
- 4 cups (1 quart/1 L) chicken broth
- 1/2 cup (120 ml) white wine or water
- 1 1/2 cups (355 ml) uncooked wild rice
- 1 cup (235 ml) uncooked long grain brown rice
- 1 1/2 cups (355 ml) coarsely chopped mushrooms
- 1 1/2 teaspoons (7 ml) dried thyme, divided
- 1 teaspoon (5 ml) dried marjoram, divided
- 1 1/4 teaspoons (6 ml) salt, divided
- 1 teaspoon (5 ml) Worcestershire sauce
- 3/4 teaspoon (4 ml) black pepper, divided
- 1 pound (455 g) fresh green beans, trimmed and cut into halves
- 2 halves (2 1/2 lb./1.13 kg each) bone-in turkey breast, skin removed

In medium skillet over medium heat, cook bacon until browned. Stir in onion, carrot, and celery; cook and stir 2 minutes.

In Slow Cooker ceramic pot sprayed with non-stick cooking spray, combine bacon mixture, mushroom soup, chicken soup, broth, wine, wild rice, brown rice, mushrooms, 1 teaspoon (5 ml) thyme, 1/2 teaspoon (2 ml) marjoram, 1 teaspoon (5 ml) salt, Worcestershire sauce, and 1/2 teaspoon (2 ml) pepper. Mix well. Top with green beans.

Sprinkle turkey breasts lightly with remaining 1/2 teaspoon (2 ml) thyme, 1/2 teaspoon (2 ml) marjoram, 1/4 teaspoon (1 ml) salt, and 1/4 teaspoon (1 ml) pepper. Place turkey on top of green beans. Cover and cook at HIGH 3 1/2 to 4 1/2 hours, or until rice is tender and turkey is very tender.

Remove turkey to work surface. Remove and discard bones. Cut turkey into large chunks, and serve with rice and green beans. Keep warm at BUFFET for up to 2 hours.

Yield: 15 servings (1/2 cup (120 ml) meat and 1 cup (235 ml) rice and beans per serving).

Per Serving: About 340 cal, 35 g pro, 28 g carb, 8 g total fat, 2.5 g sat fat, 85 mg chol, 890 mg sod.

TIP: For a casserole, pull turkey into large bite-size chunks, and mix into rice and beans.

# Vegetable Beef Barley Soup

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- 2-2½ pounds (1-1.25 kg) boneless round tip steak, cut into 1-inch (2.5 cm) pieces
- ½ pound (225 g) small mushrooms, cut into halves
- ½ pound (225 g) fresh green beans, cut into 1-inch pieces
- 3 large carrots, cut into ½-inch (1.25 cm) pieces
- 2 ribs celery, thickly sliced
- 1 leek, white part only, cut into halves lengthwise and sliced
- ½ cup (120 ml) medium barley
- 8 cups (2 quarts/2 L) beef broth
- 1 can (14½ oz./ 430 ml) diced tomatoes, undrained
- 1 tablespoon (15 ml) chopped fresh marjoram leaves or 1 teaspoon dried marjoram
- 1 tablespoon (15 ml) fresh thyme leaves or 1 teaspoon (5 ml) dried thyme
- 2 teaspoons (10 ml) salt
- 1 teaspoon (5 ml) black pepper

Combine steak, mushrooms, beans, carrots, celery, and leek in Slow Cooker ceramic pot. Sprinkle barley over vegetable mixture. Add all remaining ingredients; mix well. Cover and cook at SIMMER 8 to 10 hours, or until meat and vegetables are tender.

Yield: 15 servings (1½ cups [355 ml] per serving).

Per Serving: About 200 cal, 20 g pro, 19 g carb, 5 g total fat, 2 g sat fat, 25 mg chol, 860 mg sod.

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