



Slow Cooker Supper Solutions

SLOW COOKER BARBECUE HAM

5 lb (2.3 kg) ready-to-serve (fully cooked) boneless ham	2 tsp (10 mL) Dijon mustard
1/2 cup (125 mL) ketchup	1 tsp (5 mL) Worcestershire sauce
2 tbsp (25 mL) white wine vinegar	1 tsp (5 mL) oil
2 tbsp (25 mL) packed golden brown sugar	1/8 tsp (0.5 mL) hot pepper sauce

Score ham in a criss-cross fashion to make diamonds. Place ham in a 4 1/2 - 5 quart (4.5 - 5 L) slow cooker. To prepare barbecue sauce, combine remaining ingredients (ketchup through hot pepper sauce) in a small nonreactive saucepan. Bring to a boil over medium heat. Reduce heat and simmer, uncovered, stirring occasionally, for 5 minutes or until slightly thickened. Reserve half of barbecue sauce for basting; refrigerate. Brush remaining barbecue sauce over top and sides of ham. Cover and cook on high heat setting for 2 hours. Uncover and baste with reserved barbecue sauce. Continue cooking, covered, for 2 hours or until a meat thermometer registers 140°F (60°C). Let stand for 15 minutes before carving. Serves 10 - 12.

SLOW COOKER PULLED PORK

The combination of tender meat and crunchy coleslaw makes this pork sandwich a real crowd-pleaser.

4 lb (2 kg) boneless pork sirloin or shoulder roast	1/4 cup (50 mL) white wine vinegar
1 tsp (5 mL) seasoned salt	2 tbsp (25 mL) packed brown sugar
2 tbsp (25 mL) oil	1/4 tsp (1 mL) garlic powder
1 can (10 oz/284 mL) beef broth	Kaiser or hamburger buns
1 cup (250 mL) barbecue sauce	Coleslaw

Cut pork roast in half crosswise. Rub both halves with seasoned salt. Heat 1 tbsp (15 mL) oil in a large frypan over medium heat. Add pork and brown on all sides, adding remaining oil as necessary. Place pork halves side by side in a 6 quart (6 L) slow cooker. To prepare sauce, whisk together broth, barbecue sauce, vinegar, brown sugar and garlic powder until blended. Pour over pork. Cover and cook on low heat setting for 8 - 10 hours or until meat is fork tender. Alternatively, cover and cook on high heat setting for 4 - 5 hours. Transfer pork to a platter and cover with foil. Let stand for 10 minutes. Meanwhile, if using high heat setting, decrease heat setting to low. Using two forks, shred pork. Return shredded pork to slow cooker and stir to coat pork with sauce. Cover and cook for 30 minutes or until pork is heated through. Spoon pork onto bottom halves of buns. Top with coleslaw. Cover with top halves of buns. Serves 12 - 14.

Cook's Note: *If desired, this recipe may be prepared in advance. After cooking pork, shred pork as directed in recipe. Transfer shredded pork and sauce to a shallow large baking dish. Refrigerate for up to 24 hours. Remove from refrigerator and let stand for 20 - 30 minutes. Bake, covered, at 350°F (180°C) for 40 - 45 minutes or until bubbly and heated through.*

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SLOW COOKER LEMON GLAZED HAM

5 lb (2.5 kg) ready-to-serve (fully cooked) boneless ham	2 tbsp (25 mL) fancy molasses
Whole cloves	1/2 tsp (2 mL) ground ginger
1/2 cup (125 mL) lemon spread	1/2 tsp (2 mL) dry mustard
	1/2 cup (125 mL) ginger ale

Score ham in a criss-cross fashion to make diamonds. Using a thin metal skewer, poke a small hole in centre of each diamond. Insert a clove into each hole. To prepare glaze, combine lemon spread, molasses, ginger and dry mustard until blended. Brush half of glaze over top and sides of ham. Pour ginger ale into a 4 1/2 - 5 quart (4.5 - 5 L) slow cooker. Place ham in slow cooker. Cover and cook on high heat setting, basting twice with remaining glaze, for 4 hours or until a meat thermometer registers 140°F (60°C). Let stand for 15 minutes before carving. Remove and discard cloves before serving. Serves 10 - 12.

Cook's Note: *The ATCO Blue Flame Kitchen used E.D. Smith Lemon Lovers Lemon Spread in this recipe.*

SLOW COOKER JAMBALAYA

1 lb (0.5 kg) boneless skinless chicken thighs, cubed	1/2 tsp (2 mL) oregano, crumbled
1 1/2 cups (375 mL) sliced celery	1/4 tsp (1 mL) salt
1 cup (250 mL) chopped onion	1/4 tsp (1 mL) freshly ground pepper
1 cup (250 mL) diced green bell pepper	1/4 tsp (1 mL) hot pepper sauce
3 cloves garlic, finely chopped	1/2 cup (125 mL) orzo
1 can (28 oz/796 mL) crushed tomatoes	1 lb (500 g) frozen cooked medium shrimp, thawed, rinsed and tails removed
1 tbsp (15 mL) sugar	
1/2 tsp (2 mL) basil, crumbled	

Combine first 12 ingredients (chicken through hot pepper sauce) in a 4 quart (4 L) slow cooker. Cover and cook on low heat setting for 6 - 7 hours. Increase to high heat setting. Stir in orzo. Cover and cook for 15 - 20 minutes or until orzo is tender. Pat shrimp dry with paper towels. Stir shrimp into slow cooker. Cover and cook for 5 minutes or until shrimp are heated through. Serves 4.

SLOW COOKER SAUERBRATEN MEATBALL STEW

3 cans (10 oz/284 mL each) tomato soup	1 tbsp (15 mL) coarse-grain mustard
1 1/4 cups (300 mL) water	2 cloves garlic, finely chopped
1 cup (250 mL) chopped onion	36 frozen cooked meatballs, thawed
1/2 cup (125 mL) packed brown sugar	3 cups (750 mL) baby carrots
1/4 cup (50 mL) red wine vinegar	3/4 cup (175 mL) finely crushed gingersnaps
2 tbsp (25 mL) Worcestershire sauce	

Combine first 8 ingredients (soup through garlic) in a 4 - 5 quart (4 - 5 L) slow cooker. Stir in meatballs and carrots. Cover and cook on low heat setting for 6 - 7 hours. Stir in gingersnaps. Cover and cook for 20 minutes or until stew is thickened. Serves 6.

Cook's Note: *Either store-bought or homemade cooked meatballs may be used in this recipe. A package (2 lb/1 kg) of frozen cooked meatballs contains about 65 meatballs.*

SLOW COOKER SPANISH CHICKEN

1/4 cup (50 mL) flour	1/2 tsp (2 mL) paprika
1/2 tsp (2 mL) paprika	2/3 cup (150 mL) pitted prunes
1/2 tsp (2 mL) salt	1/3 cup (75 mL) pimiento-stuffed olives
1/4 tsp (1 mL) freshly ground pepper	1 bay leaf
12 - 14 boneless skinless chicken thighs	1 cup (250 mL) dry red wine
5 cloves garlic, chopped	1 cup (250 mL) orange juice
1 tbsp (15 mL) grated lemon peel	2 tbsp (25 mL) honey
2 tsp (10 mL) thyme, crumbled	

Combine flour, 1/2 tsp (2 mL) paprika, salt and pepper in a large plastic bag. Add chicken to flour mixture and toss to coat. Place chicken in a 4 1/2 - 5 quart (4.5 - 5 L) slow cooker. Sprinkle chicken with garlic, lemon peel, thyme and 1/2 tsp (2 mL) paprika. Top with prunes, olives and bay leaf. Combine wine, orange juice and honey; pour over top. Cover and cook on low heat setting for 6 - 7 hours or until chicken is cooked through and liquid is thickened. Remove and discard bay leaf before serving. Serves 6.

SLOW COOKER INDIAN CHICKEN STEW

The flavours in this stew are reminiscent of Indian butter chicken.

12 boneless skinless chicken thighs	1/2 tsp (2 mL) freshly ground pepper
1 cup (250 mL) chopped onion	1/4 tsp (1 mL) cayenne pepper
3 cloves garlic, finely chopped	1/4 tsp (1 mL) salt
1 can (14 oz/398 mL) diced tomatoes	2 tbsp (25 mL) flour
2 tbsp (25 mL) tomato paste	2 tbsp (25 mL) cold water
1 tbsp (15 mL) grated fresh ginger	1/2 cup (125 mL) plain yogurt
1/2 tsp (2 mL) ground coriander	1/4 cup (50 mL) chopped fresh cilantro
1/2 tsp (2 mL) garam masala or curry powder	

Combine first 11 ingredients (chicken through salt) in a 4 quart (4 L) slow cooker. Cover and cook on low heat setting for 6 - 7 hours or until chicken is cooked through. Increase to high heat setting. Whisk together flour and cold water until smooth. Stir into stew. Cover and cook for 30 minutes or until stew is thickened. Stir in yogurt and cilantro. Serves 6.

Cook's Note: *Garam masala is a spice blend used throughout India. The blend has many variations, but some common ingredients may include cardamom, coriander, cumin and cinnamon. Garam masala can be found in the ethnic section or spice section of some grocery stores. In this recipe, curry powder may be used in place of garam masala.*

SLOW COOKER SAUSAGE AND BARLEY RISOTTO

1 lb (500 g) mild Italian sausage meat	1 tsp (5 mL) oregano, crumbled
2 cups (500 mL) chopped onions	1/2 tsp (2 mL) freshly ground pepper
2 cups (500 mL) sliced mushrooms	1/4 tsp (1 mL) rosemary, crumbled
4 cloves garlic, finely chopped	1/4 tsp (1 mL) fennel seeds, crushed
2 cups (500 mL) pearl or pot barley	3 cups (750 mL) canned chicken broth
1 tsp (5 mL) basil, crumbled	1 can (28 oz/796 mL) diced tomatoes

Place sausage meat in a Dutch oven. Cook over medium heat, stirring to break up sausage meat, until browned and completely cooked, about 10 minutes. Drain off excess fat. Add onions, mushrooms and garlic; saute until softened, about 5 minutes. Add next 6 ingredients (barley through fennel seeds); cook, stirring, for 1 minute. Stir in broth and tomatoes. Bring to a boil. Spoon mixture into a greased 6 quart (6 L) slow cooker. Cover and cook on high heat setting for 3 1/2 - 4 hours or until barley is tender. Serves 6 - 8.

SAUERBRATEN-STYLE SLOW COOKER BEEF

This German-inspired slow cooker stew is wonderful served over buttered egg noodles.

3 lb (1.5 kg) boneless beef chuck steak, cubed	1 tbsp (15 mL) packed dark brown sugar
1 can (10 oz/284 mL) beef broth	1 tsp (5 mL) salt
1 cup (250 mL) chopped onion	3/4 tsp (3 mL) freshly ground pepper
3/4 cup (175 mL) finely crushed gingersnaps	2 cloves garlic, finely chopped
1/2 cup (125 mL) red wine vinegar	2 bay leaves
1/4 cup (50 mL) brandy	2 tbsp (25 mL) chopped fresh parsley

Combine all ingredients except parsley in a 4 quart (4 L) slow cooker. Cover and cook on low heat setting for 6 - 7 hours or until meat is tender and liquid is thickened. Remove and discard bay leaves. Sprinkle with parsley. Serves 6 - 8.

SLOW COOKER MOROCCAN BEEF STEW

3 lb (1.5 kg) boneless beef chuck steak, cubed	3/4 tsp (3 mL) ground cumin
3 cups (750 mL) cubed peeled yams (1 inch/2.5 cm)	3/4 tsp (3 mL) salt
2 cups (500 mL) thinly sliced onions	1/4 tsp (1 mL) cinnamon
1 cup (250 mL) pitted prunes	1/4 tsp (1 mL) cayenne pepper
4 cloves garlic, finely chopped	1/4 tsp (1 mL) freshly ground pepper
1 can (14 oz/398 mL) diced tomatoes	2 tbsp (25 mL) flour
1 can (10 oz/284 mL) beef broth	1/4 cup (50 mL) cold water

Combine first 12 ingredients (beef through pepper) in a 4 - 5 quart (4 - 5 L) slow cooker. Cover and cook on low heat setting for 6 - 7 hours or until meat is tender. Increase to high heat setting. Whisk together flour and cold water until smooth. Stir into stew. Cover and cook for 30 minutes or until stew is thickened. Serves 6 - 8.

SLOW COOKER PEPPER STEAK

Serve this Asian-inspired beef dish over rice.

2 lb (1 kg) boneless beef round steak, thinly sliced	1 cup (250 mL) water
1 green bell pepper, cut into 1/2 inch (1.25 cm) strips	1/4 cup (50 mL) soy sauce
1 red bell pepper, cut into 1/2 inch (1.25 cm) strips	2 tbsp (25 mL) rice vinegar
1 yellow bell pepper, cut into 1/2 inch (1.25 cm) strips	2 tsp (10 mL) grated fresh ginger
2 cups (500 mL) sliced onions	1 tsp (5 mL) sugar
1 can (14 oz/398 mL) diced tomatoes	1 tsp (5 mL) beef bouillon mix
1 can (8 oz/227 mL) sliced water chestnuts, drained	1/2 tsp (2 mL) salt
	1/8 tsp (0.5 mL) red pepper flakes
	3 cloves garlic, finely chopped
	2 tbsp (25 mL) cornstarch
	2 tbsp (25 mL) cold water

Combine first 16 ingredients (steak through garlic) in a 5 - 6 quart (5 - 6 L) slow cooker. Cover and cook on low heat setting for 6 - 7 hours or until meat is tender. Increase to high heat setting. Whisk together cornstarch and cold water until smooth. Stir into pepper steak mixture. Cover and cook for 30 minutes or until mixture is thickened. Serves 4 - 6.