



Cooking it Slow

Using the Slow Cooker

- ❖ Use fresh or thawed (not frozen) meat or poultry in the slow cooker.
- ❖ If called for in recipe, brown meat or poultry just prior to cooking in the slow cooker. Ground meat must always be **fully cooked** before adding to other ingredients in the slow cooker.
- ❖ Layer the ingredients. Vegetables do not cook as quickly as meat and poultry in the slow cooker. Vegetables should be placed in the bottom and up the sides of the slow cooker. Layer the meat on top.
- ❖ Fill the slow cooker at least one-half but no more than three-quarters full.
- ❖ Keep the lid on! Each time the lid is removed, the cooking time may increase by 15 - 25 minutes.
- ❖ Ingredients such as pasta, seafood, milk, cream and sour cream should usually be added to the slow cooker in the last hour of cooking.
- ❖ Cooking times may vary with makes and models of slow cookers.

HEARTY SLOW COOKER CHILI

This slow cooker chili uses cubed beef steak to make a Texas-style chili.

1 1/2 lb (0.75 kg) boneless beef chuck steak	1 can (14 oz/398 mL) tomato sauce
1 1/2 cups (375 mL) chopped onions	3 tbsp (40 mL) chili powder
1 1/2 cups (375 mL) sliced celery	2 tsp (10 mL) cumin
1/2 cup (125 mL) diced green bell pepper	1 tsp (5 mL) dry mustard
1/2 cup (125 mL) diced red bell pepper	1/2 tsp (2 mL) oregano, crumbled
3 cloves garlic, chopped	1/2 tsp (2 mL) paprika
1 can (28 oz/796 mL) kidney beans, rinsed and drained	1/2 tsp (2 mL) salt
1 can (28 oz/796 mL) diced tomatoes	1/2 tsp (2 mL) freshly ground pepper
	1/4 tsp (1 mL) cinnamon

Cut beef into 1/2 inch (1.25 cm) cubes. Combine beef with remaining ingredients (onions through cinnamon) in a 4 quart (4 L) slow cooker. Cover and cook on low heat setting for 6 - 7 hours or until beef is tender. May be frozen for up to 1 month. Serves 8.

Cook's Note: Do not substitute raw ground meat for the cubed steak in this recipe. For food safety, raw ground meat should never be cooked in a slow cooker.

SLOW COOKER CHICKEN CACCIATORE

8 skinless chicken thighs	1 green bell pepper, sliced
1 jar (700 mL) tomato-based pasta sauce	4 cloves garlic, finely chopped
2 cups (500 mL) sliced fresh mushrooms	1 tsp (5 mL) basil, crumbled
1/2 cup (125 mL) dry white wine	1 tsp (5 mL) oregano, crumbled
1 medium onion, sliced	2 tbsp (25 mL) flour
1 red bell pepper, sliced	1/4 cup (50 mL) water

Combine first 10 ingredients (chicken through oregano) in a slow cooker. Cover and cook on low heat setting for 6 - 7 hours or until chicken is cooked through and vegetables are tender. Increase to high heat setting. Whisk together flour and water until smooth. Stir into cacciatore. Cover and cook for 30 minutes or until cacciatore is thickened. Serves 4.

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SLOW COOKER SCALLOPED POTATOES

1/4 cup (50 mL) butter	Dash freshly ground nutmeg
1 cup (250 mL) finely chopped onion	2 cups (500 mL) homo milk
1/4 cup (50 mL) flour	8 cups (2 L) thinly sliced peeled red potatoes
1 tsp (5 mL) salt	1/2 cup (125 mL) shredded cheddar cheese
1/4 tsp (1 mL) dry mustard	Paprika
1/8 tsp (0.5 mL) cayenne pepper	

To prepare sauce, melt butter in a saucepan over medium heat. Add onion and saute for 5 minutes. Stir in next 5 ingredients (flour through nutmeg) and cook for 1 minute, stirring constantly. Gradually stir in milk; cook, stirring constantly, until thickened. Place potatoes in a slow cooker. Pour sauce over potatoes and gently stir to coat potatoes with sauce. Cover and cook on high heat setting for 3 - 4 hours or until potatoes are tender. Sprinkle with cheese and dust with paprika. Cover and cook for 5 minutes or until cheese is melted. Serves 8 - 10.

SLOW COOKER SOUTHWESTERN BEEF STEW

2 lb (1 kg) boneless beef chuck steak, cubed	1 can (19 oz/540 mL) black beans, rinsed and drained
1 cup (250 mL) medium salsa	
1 cup (250 mL) barbecue sauce	1/4 cup (50 mL) flour
1 pkg (35 g) taco seasoning mix	1/2 cup (125 mL) water
2 cups (500 mL) frozen kernel corn, thawed	1/2 cup (125 mL) chopped fresh cilantro, optional
1 can (19 oz/540 mL) chickpeas, rinsed and drained	

Combine first 7 ingredients (beef through black beans) in a slow cooker. Cover and cook on low heat setting for 6 - 7 hours or until beef is tender. Increase to high heat setting. Whisk together flour and water until smooth. Stir into stew. Cover and cook for 30 minutes or until stew is thickened. Stir in cilantro. May be frozen for up to 2 months. Serves 6.

SLOW COOKER POT ROAST

3 lb (1.5 kg) boneless beef chuck roast	1/4 cup (50 mL) water
1 cup (250 mL) chopped onion	1 tbsp (15 mL) Dijon mustard
1 clove garlic, finely chopped	2 tsp (10 mL) Worcestershire sauce
1 can (7 1/2 oz/213 mL) tomato sauce	1 tsp (5 mL) paprika
1/4 cup (50 mL) ketchup	1/4 tsp (1 mL) cayenne pepper
1/4 cup (50 mL) apple cider vinegar	1/4 tsp (1 mL) beef bouillon mix

Cut beef roast in half to make 2 smaller portions. Place beef in a slow cooker. Combine remaining ingredients (onion through beef bouillon mix) and pour over beef. Cover and cook on high heat setting for 1 hour. Reduce to low heat setting and continue cooking for 9 - 10 hours. Alternatively, beef may be cooked on high heat setting for 5 - 6 hours or until beef is tender. Remove beef from slow cooker. Let stand for 15 minutes before carving. Skim fat from sauce. Serve beef with sauce. Serves 4 - 6.

SLOW COOKER CHICKEN CHOWDER

3 boneless skinless chicken breasts, cut into chunks	2 cans (10 oz/284 mL each) chicken broth
2 cups (500 mL) cubed red potatoes	1 can (14 oz/398 mL) kernel corn, drained
1 1/2 cups (375 mL) sliced carrots	1/2 tsp (2 mL) dill weed
1 cup (250 mL) sliced celery	1/2 tsp (2 mL) freshly ground pepper
1 cup (250 mL) chopped onion	1/4 tsp (1 mL) salt
1 clove garlic, finely chopped	3 tbsp (40 mL) flour
	1 cup (250 mL) light cream (10%)

Combine first 11 ingredients (chicken through salt) in a slow cooker. Cover and cook on low heat setting for 6 - 7 hours or until chicken is cooked through and vegetables are tender. Increase to high heat setting. Whisk together flour and cream until smooth. Stir into chowder. Cover and cook for 30 minutes or until chowder is thickened. Serves 4 - 6.