

CROCKTOBER RECIPES

ENCHILADA QUINOA BAKE

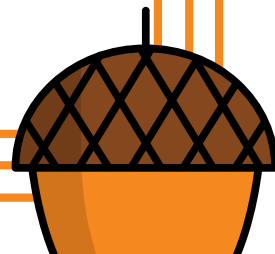
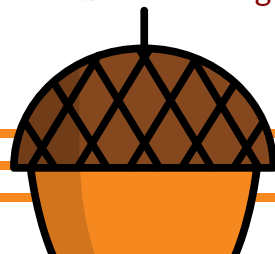


INGREDIENTS

- 1 Tbsp canola oil
- 1 1/4 cups chopped yellow onion (1 medium)
- 1 1/4 cups chopped red bell pepper (1 medium)
- 3 cloves garlic, minced
- 1 1/2 cups dry quinoa
- 2 1/4 cups vegetable broth
- 1 (14.5 oz) can tomatoes with green chilies, undrained
- 1 (8 oz) can tomato sauce
- 2 Tbsp chili powder
- 1 1/2 tsp ground cumin
- Salt and freshly ground black pepper, to taste
- 1 (14.5 oz) can black beans, drained and rinsed
- 1 (14.5 oz) can pinto beans, drained and rinsed
- 1 1/2 cups frozen corn
- 1 1/2 cups cheddar or monterey jack, or Mexican blend cheese

DIRECTIONS

1. Heat canola oil in a skillet over medium-high heat. Add onion and bell pepper and saute 3 minutes. Add garlic and saute 30 seconds longer. Pour mixture into a slow cooker.
2. Stir in quinoa, vegetable broth, canned tomatoes, tomato sauce, chili powder and cumin and season with salt and pepper to taste.
3. Cover and cook on HIGH heat about 2 hours 45 minutes - 3 hours 15 minutes (cook time can vary because all slow cookers cook a little differently so just keep an eye on it near the end to make sure it's neither getting soggy or drying out near the edges).
4. Add corn, black beans and pinto beans and toss mixture. Even top then sprinkle with cheese. Cover and cook until heated through and cheese has melted about 10 - 15 minutes longer. Serve warm with desired toppings.



HERBED CHICKEN & RICE PILAF

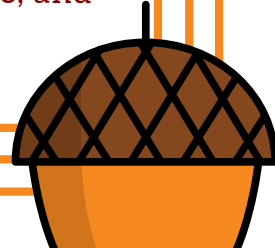
INGREDIENTS

- 1 1/2 cups wild rice blend (mix wild and brown rice)
- 3 cups low sodium chicken broth
- Juice of 1 lemon
- 2 tsp dried parsley
- 1 carrot, cut into 1 inch pieces
- 1 cup wild mushrooms, torn
- 2 lbs bone-in chicken breast and or thighs
- 2 tsp extra virgin olive oil
- 2 Tbsp fresh thyme leaves
- 1 Tbsp fresh chopped sage
- Salt and pepper
- 4 shallots, halved
- 1 sprig fresh rosemary



DIRECTIONS

1. In the bowl of your slow cooker, combine the wild rice, 3 cups chicken broth, lemon juice, parsley, carrots, and mushrooms. Season with salt and pepper and mix everything up to combine.
2. Rub the chicken with 1 tablespoon olive oil, thyme, sage, and a pinch each of salt and pepper.
3. Heat the remaining 1 tablespoon olive oil in a large skillet over medium high heat. When the oil shimmers, add the chicken and sear until golden brown on both sides, about 5 minutes per side. Toss in the shallots and cook another 1-2 minutes. Remove the chicken and shallots from the skillet and place directly into the slow cooker, skin side up, along with any juices left in the skillet. Add the rosemary.
4. Cover the slow cooker and cook on low for 5-6 hours or on high for 3-4 hours. If the rice is hard, add an additional 1/2 cup broth and cook another 30 minutes on high.
5. To serve, fluff the rice with a fork and serve the chicken, rice, and veggies together.



BUTTERNUT SQUASH & QUINOA SOUP

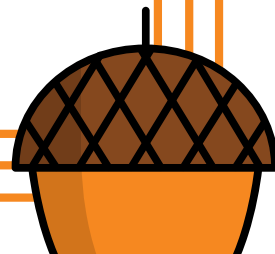
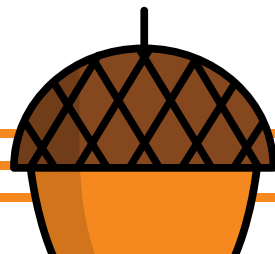
INGREDIENTS

- 1 1/2 lbs boneless skinless chicken breasts
- 1 cup quinoa
- 1 (~4 cups) small butternut squash
- 1 can (15.25 ounces) kidney beans
- 1 can (15 ounces) corn
- 1 can (14.5 ounces) petite diced tomatoes
- 2 tsp minced garlic
- 1 packet (1.12 ounces) fajita seasoning mix
- 5 cups chicken broth
- Salt and pepper to taste



DIRECTIONS

1. Remove the fat from the chicken. Rinse the quinoa in a fine mesh sieve to remove the bitter saponin coating.
2. Peel, seed, and chop the butternut squash into small bite-sized pieces (or buy pre-chopped butternut squash for an even faster prep).
3. Rinse and drain the kidney beans and corn.
4. Lightly grease your slow cooker with nonstick spray (I use a 6-quart crockpot). Add in the chicken, quinoa, chopped squash, kidney beans, corn, undrained tomatoes, garlic, and fajita seasoning packet. (OR try a chili seasoning packet if you enjoy those flavors better).
5. Pour in the chicken broth and give everything a good stir.
6. Cover and cook on high for 3-4 hours or until the quinoa is cooked through and the squash is very tender.
7. At this point you can remove some of the squash and mash it with a potato masher and then put it back in the soup. This is totally optional, but makes it a bit heartier.
8. Add some salt and pepper to taste and any other seasonings desired. Garnish with fresh parsley if desired. If desired, stir in some sour cream (reduced fat or fat free) and some freshly grated cheddar cheese.



SPAGHETTI SQUASH & MEATBALLS

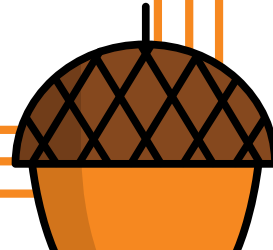
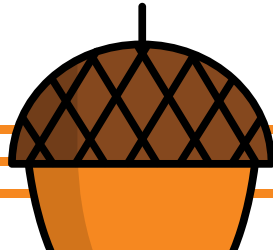


INGREDIENTS

- 1 medium spaghetti squash
- 1 1/2 cups crushed tomatoes
- 1/2 tsp salt
- 1/2 tsp garlic powder
- 1/4 tsp pepper
- 1/4 tsp dried oregano
- 16 meatballs such as Al Fresco
- 2 tbsp butter or olive oil
- Additional salt and pepper to taste

DIRECTIONS

1. Cut spaghetti squash in half, crosswise. Place in the bottom of a 6 quart slow cooker, cut-side down.
2. In a processor or blender, combine tomatoes, salt, garlic powder, pepper and oregano. Puree until smooth. Pour into bottom of slow cooker.
3. Place meatballs over tomatoes, around spaghetti squash. Cook on low for 6 to 7 hours or on high for 3 to 4 hours.
4. Using tongs and kitchen gloves, remove spaghetti squash from slow cooker. Scoop out seeds and discard. Scoop out flesh into a sieve or colander and let drain a few minutes to reduce moisture. Transfer to a bowl and toss with small amount of olive oil.



KALE & TURKEY MEATBALL SOUP

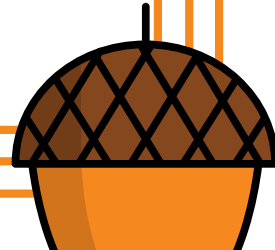
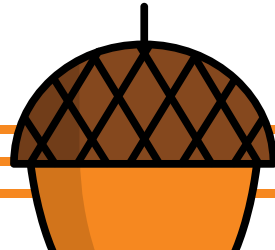
INGREDIENTS

- ¼ cup milk
- 2 slices bread
- 1 lb lean ground turkey
- 1 medium shallot finely chopped
- 2 cloves garlic finely chopped
- ½ tsp freshly grated nutmeg
- 1 tsp oregano
- 1/4 tsp red pepper flakes
- Salt and black pepper
- ½ cup Parmigiano-Reggiano grated
- 2 Tbsp Italian parsley chopped
- 1 egg beaten
- 1 Tbsp olive oil
- 8 cups chicken or vegetable broth (64 ounces)
- 1 15-ounce can white Northern beans
- 2 carrots sliced
- ½ yellow onion chopped
- 4 cups kale (about 1 lb)



DIRECTIONS

1. Add milk to a large mixing bowl then tear the bread into chunks and add to the milk to soak. Add the turkey, shallot, garlic, nutmeg, oregano, red pepper flakes, salt and pepper, cheese, parsley and egg and gently mix with your fingers until the mixture is combined. Use a small scoop or melon baller to form ½ inch balls.
2. Heat the olive oil in a large skillet over medium high heat and lightly sear the meatballs for 1-2 minutes on each side. Remove from the pan and set aside.
3. Add the broth, beans, carrots, onion and kale to the insert of a 5- to 7-quart slow cooker.
4. Drop the meatballs onto the kale, cover and cook on low for 4 hours or until the meatballs float to the surface.



BEEF & BROCCOLI

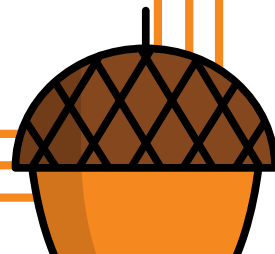
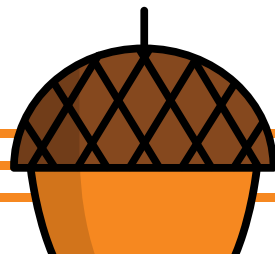


INGREDIENTS

- 2 lbs. sirloin steak or boneless beef chuck roast sliced thin
- 1 cup beef broth
- 1/2 cup low sodium soy sauce
- 1/4 cup brown sugar
- 1 Tbsp sesame oil
- 3 garlic cloves minced
- 4 Tbsp cornstarch
- 4 Tbsp water
- 1 12 oz. bag frozen broccoli florets
- White rice cooked

DIRECTIONS

1. In the insert of the crockpot, whisk together beef broth, soy sauce, brown sugar, sesame oil, and garlic.
2. Place slices of beef in the liquid and toss to coat. Cover with lid and cook on low heat for 5 hours.
3. When done, whisk together cornstarch and water in small bowl. Pour into crock pot and stir to mix well. Add the broccoli over the beef and sauce. Gently stir to combine. Cover with lid and cook 30 minutes to cook broccoli and thicken sauce.
4. Serve over warm white rice. Enjoy!



PORK LO MEIN

INGREDIENTS

- 2 pounds boneless pork shoulder
- 3 cups broccoli florets
- 2 carrots, julienned
- 2 stalks celery, diced
- 1 cup snow peas
- 1 (5-ounce) can sliced water chestnuts, drained
- 16 oz spaghetti

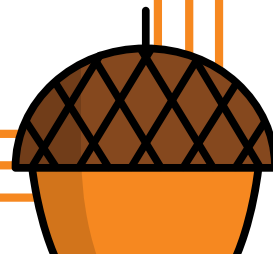
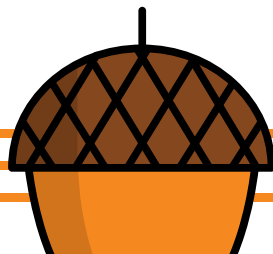
FOR THE SAUCE

- 1/3 cup reduced sodium soy sauce
- 3 cloves garlic, minced
- 2 tablespoons brown sugar, packed
- 1 tablespoons sambal oelek
(ground fresh chile paste)
- 1 tablespoon oyster sauce
- 1 tablespoon freshly grated ginger
- 1 teaspoon sesame oil



DIRECTIONS

1. WHISK together soy sauce, garlic, brown sugar, sambal oelek, oyster sauce, ginger and sesame oil in the slow cooker. Add pork shoulder, then cover and cook on low heat for 7-8 hours or high for 3-4 hours.
2. REMOVE pork shoulder from the slow cooker and shred the meat before returning to the pot with the juices.
3. Stir in broccoli, carrots, celery, snow peas and chestnuts. Cover and cook on high heat for 15-30 minutes, or until vegetables are tender.
4. COOK pasta according to package instructions; drain well.
5. SERVE pasta immediately, topped with pork mixture.



FLANK STEAK AU JUS SANDWICHES

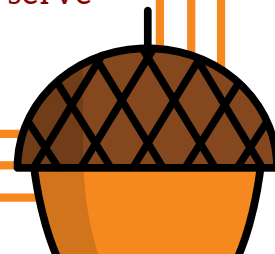
INGREDIENTS

- 1 ½ tablespoons olive oil
- 2 tablespoons dark brown sugar
- ¾ teaspoon kosher salt
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1 teaspoon black pepper
- 3 garlic cloves, grated (about 1 Tbsp)
- 2 pounds flank steak, trimmed
- 1 large onion, cut into thin slices
- 1 (12 ounce) bottle beer
- 2 tablespoons lower-sodium soy sauce
- 1 bay leaf
- 1 teaspoon fresh thyme leaves
- 2 teaspoons cornstarch
- 1 teaspoon water
- 8 small whole-wheat hoagie rolls, split and toasted



DIRECTIONS

1. Stir together the olive oil, brown sugar, salt, cumin, paprika, pepper, and garlic, forming a paste; rub the paste into both sides of the steak, using all of the mixture. Place the onion slices in a 5- to 6-quart slow cooker; top with the steak. Pour the beer and soy sauce over the steak. Add the bay leaf and thyme. Cover and cook on LOW until the steak is tender, 7 to 8 hours.
2. Transfer the steak and onions to a platter, reserving the cooking liquid in the slow cooker; cover the steak and onions with aluminum foil to keep warm.
3. Pour the reserved cooking liquid through a wire-mesh strainer into a medium saucepan, discarding the solids. Bring to a boil over high, and boil until the sauce is reduced to about 1 1/2 cups, about 12 minutes. Stir together the cornstarch and water in a small bowl; drizzle into the sauce, and whisk until blended. Reduce the heat to medium-high, and simmer, stirring often, until thickened, about 1 minute. Shred the steak with 2 forks. Divide the steak and onions among the toasted rolls. Pour the sauce into dipping bowls, and serve with the sandwiches.



BBQ BRISKET SLIDERS

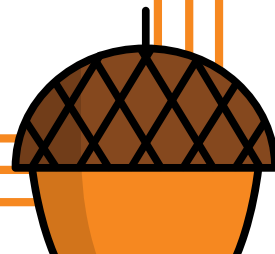
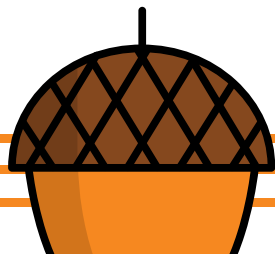
INGREDIENTS

- 2 peppers chipotle chiles in adobo sauce, minced (about 2 tablespoons)
- 1 ½ tablespoons light brown sugar
- 3 garlic cloves, grated (about 1 tablespoon)
- 1 teaspoon ground cumin
- 1 ½ tablespoons olive oil
- 1 teaspoon kosher salt
- ¾ teaspoon black pepper
- 2 pounds beef brisket, trimmed
- ¾ cup water
- ⅓ cup no-salt-added ketchup
- 2 Tbsp lower-sodium Worcestershire sauce
- 3 tablespoons apple cider vinegar
- 4 cups shredded multicolored coleslaw mix
- 16 whole-wheat slider buns



DIRECTIONS

1. Stir together the minced chipotle chiles, brown sugar, garlic, cumin, 1/2 tablespoon of the olive oil, 3/4 teaspoon of the salt, and 1/2 teaspoon of the pepper in a small bowl. Rub all of the mixture over the brisket. Place the brisket in a 5- to 6-quart slow cooker.
2. Whisk together the water, ketchup, Worcestershire, and 2 tablespoons of the vinegar in a small bowl; pour over the brisket in the slow cooker. Cover and cook on LOW until the brisket is very tender, about 8 hours.
3. Transfer the brisket to a cutting board, reserving the sauce in the slow cooker. Shred the brisket with 2 forks into bite-sized pieces. Return the shredded meat to the reserved sauce in the slow cooker, stirring to combine.
4. Just before serving, whisk together the remaining 1 tablespoon each olive oil and vinegar and remaining 1/4 teaspoon each salt and pepper in a medium bowl. Add the coleslaw mix, and toss to coat. Divide the brisket and slaw evenly among the slider buns.



CHERRY COBBLER



INGREDIENTS

- 10 cups frozen pitted dark sweet cherries (about 48 oz.), thawed and well drained
- ½ cup granulated sugar
- ¼ cup cornstarch
- 2 tablespoons lemon juice

Topping

- 1 cup granola
- ¼ cup white whole-wheat flour
- ¼ cup unsalted butter, softened
- 1 tablespoon light brown sugar
- ¼ teaspoon kosher salt

DIRECTIONS

1. To prepare filling: Coat a 6-quart slow cooker with cooking spray. Combine cherries, granulated sugar and cornstarch in a large bowl; toss until well coated. Transfer to the prepared slow cooker. Cover and cook on High for 1 hour.
2. Meanwhile, prepare topping: Combine granola, flour, butter, brown sugar and salt in a large bowl; set aside.
3. After 1 hour of cooking, stir lemon juice into the cherry mixture. Evenly distribute the granola mixture on top. Cover and cook for 1 hour. Adjust the lid to partially cover; cook for 30 minutes more. Serve warm.

