

## **Slow Cooker Beef Short Ribs with Ginger-Mango Barbecue Sauce**

Total Recipe Time: HIGH 5-1/4 to 6-1/4 hours or LOW 7-3/4 to 8-3/4 hours

Makes 4 to 6 servings

### **Ingredients**

- 2 pounds beef Short Ribs Boneless, cut 2 x 2 x 4-inch pieces
- 1-1/2 cups diced fresh or drained jarred mango
- 1 medium onion, chopped
- 1 tablespoon minced fresh ginger
- 1 cup hickory-flavored barbecue sauce

1. Place beef short ribs, mango, onion and ginger in 3-1/2 to 5-1/2-quart slow cooker. Add barbecue sauce. Cover and cook on HIGH 5 to 6 hours or LOW 7-1/2 to 8-1/2 hours or until beef is fork-tender. (No stirring is necessary during cooking.)
2. Remove short ribs, season with salt and pepper, as desired. Skim fat from cooking liquid; serve over short ribs.



**Cook's Tip:** Three pounds bone-in short ribs may be substituted.

**Cook's Tip:** Other flavors of barbecue sauce may be substituted for hickory-flavor.

**Cook's Tip:** Short ribs can be served over mashed sweet potatoes, if desired.

*Nutrition information per serving (1/4 of recipe): 390 calories; 19 g fat (8 g saturated fat; 9 g monounsaturated fat); 99 mg cholesterol; 704 mg sodium; 2 g carbohydrate; 1.9 g fiber; 34 g protein; 3.8 mg niacin; 0.4 mg vitamin B<sub>6</sub>; 3.7 mcg vitamin B<sub>12</sub>; 3.8 mg iron; 23.9 mcg selenium; 8.3 mg zinc. This recipe is an excellent source of protein, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, iron, selenium and zinc; and a good source of niacin. Nutrition information per serving (1/6 of recipe): 260 calories; 13 g fat (6 g saturated fat; 6 g monounsaturated fat); 66 mg cholesterol; 470 mg sodium; 14 g carbohydrate; 1.3 g fiber; 22 g protein; 2.5 mg niacin; 0.3 mg vitamin B<sub>6</sub>; 2.5 mcg vitamin B<sub>12</sub>; 2.5 mg iron; 15.9 mcg selenium; 5.6 mg zinc. This recipe is an excellent source of protein, vitamin B<sub>12</sub>, selenium and zinc; and a good source of niacin, vitamin B<sub>6</sub> and iron.*

## **Slow Cooker Broccoli Beef**

Prep time: 10 minutes

Cook Time: 4-5 hours on LOW or 2-3 hours on HIGH

Makes 4 servings

### **Ingredients**

- 1 1/2 pound Beef Flank Steak, thinly sliced and cut into 2-inch pieces
- 1 cup beef stock or broth
- 2/3 cup low-sodium soy sauce
- 1/3 cup brown sugar
- 1 tablespoon sesame oil
- 1 tablespoon minced garlic
- 1/4 teaspoon red chili flakes, optional
- 4 cups fresh broccoli florets
- 2 tablespoons corn starch
- 4 tablespoons cold water
- Hot cooked rice, optional



### **Instructions**

1. Grease the inside of slow cooker. Add steak, beef broth, soy sauce, brown sugar, sesame oil, garlic and chili flakes. Cover and cook on HIGH for 2 to 3 hours or on LOW for 4 to 5 hours.
2. About 30 minutes before serving, whisk together corn starch and water until dissolved. Add to the slow cooker and stir. Add the broccoli at this time also. Cover and cook another 20-25 minutes.
3. Serve over rice, if desired.

Recipe adapted from [Crème De La Crumb](#).

# Crock Pot Cowboy Casserole

Prep time: 20 minutes

Cook time: 7 to 8 hours on LOW

Makes 6-8 servings.

## Ingredients

- 1 1/2 pounds lean Ground Beef, browned and drained
- 6 medium potatoes, cut into 1 1/2 inch cubes
- 1 medium onion, chopped
- 3 garlic cloves, minced
- 1 can red kidney beans, drained and rinsed
- 1 (14 ounce) can diced tomatoes, undrained
- 1/4 cup water
- Salt and pepper to taste
- 4 ounces shredded cheddar cheese



## Instructions

1. While the ground beef is browning, place potatoes in bottom of slow cooker, salt and pepper generously. Add onions and minced garlic.
2. Layer in ground beef, kidney beans, tomatoes and water.
3. Cover and cook on LOW for 7 to 8 hours.
4. When there is about 15 minutes of cook time left, sprinkle with cheese.

Recipe courtesy of [Funny Is Family](#).

# Crock Pot Creamy Beef Stroganoff

Prep time: 15 minutes

Cook time: 7-8 hours on LOW or 5 hours on HIGH

Makes 6-8 servings

## Ingredients

- 2 pound beef Stew Meat, cut into 1-inch cubes
- 10 ounces fresh mushrooms, halved
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 cup beef broth
- 2 teaspoons paprika
- 2 teaspoons salt
- 1 teaspoon pepper
- 1 cup sour cream
- 3 tablespoons flour
- 1 tablespoon Dijon mustard
- 1 package (16 ounces) egg noodles, uncooked
- 2 tablespoons chopped fresh parsley



## Instructions

1. Put beef, mushrooms, onions and garlic in greased slow cooker.
2. Add broth, paprika, salt and pepper. Stir well.
3. Cover and cook on LOW for 7 to 8 hours, or on HIGH 5 hours.
4. About one hour before it is done, combine sour cream, flour and mustard. Add to slow cooker and mix well. Stir in uncooked noodles and cook 30 minutes to 1 hour longer, or until noodles are desired tenderness.
5. Sprinkle with parsley and serve.

Recipe courtesy of [Funny Is Family](#).

# Slow Cooker Italian Beef Sandwiches

Prep time: 10 minutes

Cook time: 8 hours on LOW

Makes 8 hoagie sandwiches

## Ingredients

- 3 pound Beef Chuck Roast, boneless
- 3 cups low-sodium beef stock
- 2 cloves of minced garlic
- 1 - 16 oz. jar giardiniera mix
- 1 cup pepperoncini peppers
- 1/4 cup pepperoncini juice, optional
- 2 tablespoons extra virgin olive oil
- 1 (0.6 oz) package of Italian Seasoning
- 1/2 cup red wine
- 8 soft Italian rolls
- Butter
- Mozzarella cheese, optional



## Instructions

1. In the bottom of a 6-quart slow cooker combine the beef stock, garlic, giardiniera mix, pepperoncini peppers, and pepperoncini juice (if using).
2. Heat a heavy bottom skillet over medium-high heat. Add the olive oil and heat until the oil is hot. Season the chuck roast with salt and pepper on both sides. Add it to the hot skillet and brown for about two minutes on all sides. Then transfer to the slow cooker, placing on top of the vegetables, and sprinkle with Italian Seasoning.
3. With the heat still on the skillet, add the red wine and using a wooden spoon, pull up the pan drippings. After about 30 seconds, add the liquid from the pan to the slow cooker. Cook on low for 8 hours.
4. Before serving, cut and butter the 8 rolls. Toast in the oven (350 degrees F) for 5 to 10 minutes, watching them closely so they don't burn. Pull the beef apart with forks, add to the toasted rolls; serve with the giardiniera and peppers from the slow cooker. Optional: top with cheese, and if desired throw back in the oven for a few minutes until the cheese melts.

**Cook's Tip:** The pepperoncini juice adds a lot of great flavor to this recipe, but a little bit of spiciness. If your family is sensitive to spiciness, just leave this out.

**Cook's Tip:** The searing of the beef and the red wine adds great depth of flavor, though if it will hold you back from making this dish, just skip it.

Recipe courtesy of [Wine & Glue](#).

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