

## OCTOBER 2017 TV RECIPES—Crock Pot/Slow Cooker Recipes

### Slow-Cooked Beef & Mushroom Braciole

Total Recipe Time: HIGH 4 hours or LOW 6 hours

Makes 6-8 servings

- 1 beef Flank Steak (1-1/2 to 2 pounds)
- 1 cup finely diced mushrooms
- 1/2 cup finely diced onion
- 1/2 cup grated Parmesan cheese
- 2 slices bacon or prosciutto, chopped (about 1 ounce)
- 1 can (28 ounce) crushed tomatoes
- 1 tablespoon Italian seasoning blend
- 1 teaspoon salt, divided
- Hot cooked pasta or polenta

1. Combine mushrooms, onion, cheese and bacon in medium bowl; set aside.
2. Cover beef steak with plastic wrap; pound until steak is 1/4-inch thick.
3. Season steak on both sides with 1/2 teaspoon salt and 1/2 teaspoon pepper. Arrange mushroom mixture evenly over steak, leaving 1-inch border on all sides. Starting on long side, roll up steak to enclose mushroom mixture. Secure roll with kitchen twine.
4. Place tomatoes in slow cooker; stir in remaining 1/2 teaspoon salt, 1/2 teaspoon pepper and Italian seasoning. Add beef roll to sauce, turning once to coat. Cook, covered, on HIGH 4 hours or on LOW 6 hours or until beef is tender.
5. Cut braciola diagonally into 1/2" thick slices. Serve over pasta or polenta topped with sauce.



**Test Kitchen Tips** For a larger flank steak, cut it in half horizontally. Pound the two halves, top evenly with mushroom mixture and roll up each to make two smaller, more manageable rolls.

**Nutrition information per serving:** 253 calories; 10 g fat (4 g saturated fat; 4 g monounsaturated fat); 75 mg cholesterol; 760 mg sodium; 12 g carbohydrate; 3.0 g fiber; 30 g protein; 9.2 mg niacin; 0.8 mg vitamin B<sub>6</sub>; 1.6 mcg vitamin B<sub>12</sub>; 3.4 mg iron; 31.9 mcg selenium; 5.1 mg zinc; 114.6 mg choline.

### Slow Cooker Pot Roast Soup

Total Recipe Time: HIGH 5-6 hours or LOW 8-9 hours

Makes 6 servings

- 1 beef Shoulder Roast Boneless (2-1/2 pounds)
- 2 cups chopped onions
- 1 can (14-1/2 ounces) diced tomatoes with green peppers and onions, undrained
- 1 cup frozen hash brown potatoes (cubes)
- 1 cup beef broth
- 1 tablespoon minced garlic
- 1 teaspoon dried thyme leaves
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 cups broccoli slaw
- 1/2 cup frozen peas



1. Cut beef Roast into 1-inch pieces. Place in 4-1/2 to 5-1/2-quart slow cooker. Add onions, tomatoes, potatoes, broth, garlic, thyme, salt and pepper. Cover and cook on HIGH 5 to 6 hours or on LOW 8 to 9 hours or until beef is fork-tender. (No stirring is necessary during cooking.)
2. Stir in broccoli slaw; continue cooking, covered, 30 minutes or until broccoli slaw is crisp-tender. Turn off slow cooker. Stir in peas; let stand, covered, 5 minutes.

**Test Kitchen Tips** This recipe can be made in a 6-quart electric pressure cooker. Cut Beef Roast into 1-inch pieces. Place beef roast in pressure cooker; top with onions, tomatoes, broth, garlic, thyme, salt and pepper. Close and lock pressure cooker lid. Use beef, stew or high-pressure setting on pressure cooker; program 15 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Add broccoli slaw and frozen potatoes. Close and lock pressure cooker lid. Use beef, stew or high-pressure setting on pressure cooker; program 3 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Add peas and return pressure cooker lid. Let stand 5 minutes. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

**Nutrition information per serving:** 314 calories; 9 g fat (3 g saturated fat; 4 g monounsaturated fat); 111 mg cholesterol; 590 mg sodium; 19 g carbohydrate; 5.4 g fiber; 40 g protein; 5.9 mg niacin; 0.7 mg vitamin B<sub>6</sub>; 3.9 mcg vitamin B<sub>12</sub>; 5.7 mg iron; 44.2 mcg selenium; 10.9 mg zinc; 107.8 mg choline.

## Crock Pot Lasagna

Cook Time: 4 Hours on HIGH; 6 Hours on LOW

Makes 8 servings

- 1 pound Lean Ground Beef
- 1 medium onion, diced
- 1 tablespoon olive oil
- 1 can Rotel tomatoes, drained
- 1 tablespoon minced garlic
- 1 tablespoon dried oregano
- 15 lasagna noodles, uncooked (\*do not use the no-cook noodles)
- 28 oz. can crushed tomatoes
- 15 oz. can tomato sauce
- 16 oz. cottage cheese
- 2 cups shredded mozzarella cheese
- 1/4 cup Parmesan cheese



1. In medium sized skillet, heat olive oil. Add Ground Beef and onion; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Pour off drippings, if needed. Add garlic and oregano. Cook 1 minute. Stir in Rotel tomatoes.
2. In greased crock pot, layer 1/4 of the beef mixture. Add 4-5 lasagna noodles on top, breaking to fit. Top with 1/3 of the cottage cheese, then 1/4 of the mozzarella cheese. Pour in the whole can of tomato sauce.
3. Layer another 1/4 of the ground beef mixture, 4-5 lasagna noodles, 1/3 of the cottage cheese and 1/4 of the mozzarella cheese. Pour in 1/2 of the can of crushed tomatoes. Repeat the layers once more- 1/4 of the ground beef, lasagna noodles, the last of the cottage cheese, 1/4 of the mozzarella cheese, and the rest of the crushed tomatoes.
4. Add the last of the ground beef mixture on top. Cover. Cook on LOW for 6 hours or HIGH for 4 hours. \*\*Or, place crock in the refrigerator overnight and cook the next day.
5. Top with the remaining mozzarella cheese and the Parmesan cheese. Cover and let cheese melt. Serve immediately.

Recipe created by [Create Kids Club](#).

# Herbed Onion Beef Brisket

Total Recipe Time: 4-1/4 to 6-1/4 hours

Makes 6-8 servings

- 1 beef Brisket Flat Half (2-1/2 to 3-1/2 pounds)
- 1 cup ketchup
- 2 tablespoons all-purpose flour
- 3 cups chopped onions
- 1/4 cup plus 2 tablespoons packed brown sugar
- 1/4 cup distilled white vinegar
- 2 teaspoons dried basil leaves
- 1 teaspoon garlic salt
- 1/2 teaspoon dried thyme leaves
- 1/4 teaspoon pepper

1. Combine ketchup and flour in medium bowl; whisk until well blended. Add onions, brown sugar, vinegar, basil, garlic salt, thyme and pepper; mix well. Place brisket, fat-side up in 3-1/2 to 5-1/2-quart slow cooker. Pour ketchup mixture over brisket. Cover and cook on HIGH 4 hours for sliceable brisket; 6 hours for shredded brisket. Serve with sauce.

**Test Kitchen Tips** This recipe can be made in a 6-quart electric pressure cooker. Place beef Brisket and onions in pressure cooker; add 1/2 cup water. Close and lock pressure cooker lid. Use beef, stew or high-pressure setting on pressure cooker; program 70 minutes on pressure cooker timer. Meanwhile, to make sauce combine ketchup, flour, brown sugar, vinegar, basil, garlic salt, thyme and pepper in medium saucepan. Simmer 10 minutes. Use quick-release feature to release pressure; carefully remove lid. Serve brisket with sauce. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to manufacturer's instructions.)

**Nutrition information per serving, 6 servings:** 302 calories; 5 g fat (2 g saturated fat; 2 g monounsaturated fat); 83 mg cholesterol; 1080 mg sodium; 34 g carbohydrate; 1.6 g fiber; 29 g protein; 7.7 mg niacin; 0.4 mg vitamin B<sub>6</sub>; 2.1 mcg vitamin B<sub>12</sub>; 3.1 mg iron; 30.4 mcg selenium; 7.0 mg zinc; 113.1 mg choline.

# Asian Sweet & Spicy Ribs

Total Recipe Time: 2-1/2 to 2-3/4 hours

Makes 4 servings

- 1-1/2 to 2 pounds beef Country Style Ribs
- 1 cup mirin
- 1/2 cup sweet chili garlic sauce
- 1/2 cup water
- 1/4 cup agave nectar or honey
- 1/4 cup packed light brown sugar
- 1 teaspoon minced fresh ginger
- 1 tablespoon fresh lime juice
- 1 tablespoon reduced-sodium soy sauce
- Hot cooked rice (optional)



1. To prepare this recipe in a slow cooker, combine mirin, sweet chili garlic sauce, agave nectar, brown sugar and ginger in 4-1/2 to 5-1/2 quart slow cooker, stirring until sugar dissolves.
2. Place beef ribs in slow cooker. Cook on HIGH 4 to 6 hours or on LOW 8 to 10 hours, or until beef is fork tender. (No stirring is necessary during cooking.) Remove beef; keep warm.
3. Skim fat from cooking liquid. Transfer cooking liquid to a large saucepan and bring to a boil; reduce heat and simmer 12 to 15 minutes or until sauce is reduced by half. Stir in lime juice and soy sauce.
4. Return beef to cooking liquid; cook 1 to 2 minutes or until heated through, stirring occasionally. Serve ribs with rice and remaining sauce, if desired.



**Nutrition information per serving:** 432 calories; 10 g fat (4 g saturated fat; 0 g monounsaturated fat); 81 mg cholesterol; 903 mg sodium; 55 g carbohydrate; 0.1 g fiber; 25 g protein; 2.9 mg niacin; 0.2 mg vitamin B<sub>6</sub>; 2.9 mcg vitamin B<sub>12</sub>; 2.7 mg iron; 26.8 mcg selenium; 8.6 mg zinc; 79.3 mg choline.

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