

## **November 2021 TV —Slow Cooker Recipes**

*Treat yourself to an easy dinner tonight with these slow cooker recipes. A few ingredients and some patience are all you need for a delicious comforting meal.*

*\*Nutrition information per serving can be found on [beeftips.com](http://beeftips.com).*

### **Slow-Cooked Beef Pot Roast Soup with Roasted Vegetables and Lemon Crema**

*Tender chunks of Pot Roast, roasted vegetables and a crema that adds a burst of citrus flavor and creaminess.*

Total Recipe Time: 9 hours

Makes 6 servings

- 1 beef Blade Chuck Roast, Boneless (about 3-1/2 pounds)
- 1 teaspoon kosher salt
- 1 teaspoon freshly ground black pepper
- 3 tablespoons olive oil, divided
- 1 cup Burgundy wine
- 2 cups chopped onions (about 1-inch)
- 2 cups diced russet (baking) potatoes (about 1-inch)
- 1 can (14-1/2 ounces) no-salt added fire-roasted diced tomatoes
- 1 cup diced green bell pepper (about 1 inch)
- 1 cup diced carrot (about 1 inch)
- 1 tablespoon minced garlic
- 1 tablespoon chopped fresh oregano leaves
- 1 teaspoon chopped fresh thyme leaves
- 2-1/2 cups Beef Stock
- 2 cups broccoli florets
- 1/4 cup butter
- 1/4 cup all-purpose flour
- 1/4 cup light dairy sour cream
- 1 tablespoon fresh lemon juice
- 1 cup thinly sliced cremini mushrooms
- 1/2 cup canned French fried onions



1. Cut beef Blade Chuck Roast into 12 equal pieces; season with salt and pepper. Heat 1 tablespoon olive oil in 12-inch nonstick skillet over medium heat until hot. Add half beef; brown evenly, about 4 minutes per side. Transfer beef to slow cooker; repeat with 1 tablespoon oil and remaining beef.
2. Add wine to skillet; cook 1 to 2 minutes until browned bits attached to skillet are dissolved. Pour wine mixture over beef in slow cooker. Top with chopped onions, potatoes, tomatoes, bell peppers, carrots, garlic, oregano and thyme. Add stock to slow cooker. Cover and cook on HIGH for 6 hours or LOW for 8 hours or until beef is fork -tender.
3. Preheat oven to 400°F 30 minutes before roast is finished cooking. Add broccoli and remaining 1 tablespoon oil to medium bowl; toss gently to coat. Place broccoli on shallow-rimmed baking sheet. Roast in 400°F oven 10 to 15 minutes or until broccoli tips begin to brown and become crispy. Remove from oven; set aside to cool.
4. Melt butter in small nonstick skillet over medium heat; stir in flour. Cook 3 to 4 minutes until mixture develops nutty or browned butter aroma, stirring often. Set aside.
5. Combine sour cream and lemon juice in small bowl, mix well to prepare lemon crema. Cover and refrigerate until ready to use.
6. When roast is fork-tender, remove roast from slow cooker; keep warm. Whisk butter mixture into slow cooker until blended. Cook and stir until thickened. Add broccoli to slow cooker; cook until heated through. Season soup with salt and pepper, as desired.
7. Ladle soup into wide-mouthed bowl. Place 2 pieces of beef into each bowl. Top beef with mushrooms and fried onions. Drizzle with lemon crema, as desired.

**ALTERNATE COOKING METHOD:** This recipe can be made in a 6-quart electric pressure cooker. Cut beef Blade Chuck Roast into 12 equal pieces; season with salt and pepper. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using 1 tablespoon oil per batch. Add wine, onions, potatoes, tomatoes, bell pepper, carrot, garlic, oregano, thyme and stock. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Continue as directed in step 3. (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.)

## Slow-Cooker Beef Meatloaf & Vegetables

*Use your slow-cooker to create a delicious meatloaf meal with carrots and potatoes. Everyone's favorite dinner just got easier to make.*

Total Recipe Time: 8 hours 30 minutes

Makes 6 servings

- 1-1/2 pounds Ground Beef (93% lean or leaner)
- 3/4 cup Panko bread crumbs
- 3/4 cup ketchup, divided
- 1/2 cup minced onion
- 1 large egg
- 1 tablespoon Worcestershire sauce
- 2 teaspoons minced garlic
- 1 teaspoon salt, divided
- 1 teaspoon dried thyme leaves
- 1 teaspoon pepper, divided
- 12 ounces baby red potatoes, cut in half
- 12 ounces baby carrots
- 2 tablespoons unsalted beef broth
- 2 tablespoons packed light brown sugar

1. Combine Ground Beef, breadcrumbs, 1/2 cup ketchup, onion, egg, Worcestershire sauce, garlic, 1/2 teaspoon salt, thyme, 3/4 teaspoon pepper, mixing lightly but thoroughly. Form 8 x 4 x 2-inch loaf. Place loaf into 3-1/2 to 5-1/2-quart slow cooker.
2. Toss potatoes and carrots with remaining 1/2 teaspoon salt and remaining 1/4 teaspoon pepper. Arrange potatoes and carrots around meatloaf in slow cooker. Add broth; cover and cook on HIGH 4 hours or LOW 8 hours until instant-read thermometer inserted into center registers 160°F.
3. Skim 2 tablespoons of liquid from bottom of slow cooker, if available. Combine remaining 1/4 cup of ketchup, brown sugar and liquid from bottom of meatloaf in small bowl. Spread onto meatloaf. Cover and cook 15 minutes. Remove meatloaf from slow cooker. Cut into slices. Season with salt and pepper as desired. Serve meatloaf with potatoes and carrots.



**ALTERNATE COOKING METHOD:** This recipe can be made in a 6-quart electric pressure cooker. Prepare meatloaf as directed above. To make a foil sling, cut a 28-inch piece of heavy-duty aluminum foil (or layer two pieces of regular foil) and punch 6 to 8 holes in it using a kitchen fork or small knife. Form beef mixture into an 8 x 4-inch loaf on the foil sling over the holes. Toss potatoes and carrots with salt and remaining 1/4 teaspoon pepper. Add vegetables to pressure cooker, pour broth over vegetables, add meatloaf sling on pressure cooker rack on vegetables. Close and lock pressure cooker lid. Use beef, stew or high pressure setting on pressure cooker; program 25 minutes on pressure cooker time. Once complete, use quick-release feature to release pressure; carefully remove lid. Remove sling from pressure cooker and remove meatloaf to foil-lined broiler rack. Make sauce as directed in step 3; spread on meatloaf. Broil on high in oven for 2 to 3 minutes, 4 inches from heat source. Rest before slicing. Serve with potatoes and carrots. (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.)

# Slow-Cooked Red Wine Braised Beef Short Ribs with Herbed Polenta Toast

*Fall off the bone Short Ribs made even more crave-worthy with a rich red wine sauce. An herbed polenta toast offers a unique flavor and textural accompaniment.*

Total Recipe Time: 6 hours 30 minutes

Makes 6 servings

- 3 pounds beef Chuck Short Ribs Boneless or Bone-In (about 4 x 2-inch pieces)
- 1/4 cup all-purpose flour
- 1 teaspoon kosher salt
- 1 teaspoon freshly ground black pepper
- 2 teaspoons olive oil
- 1 cup dry red wine
- 2 cups diced onions
- 1 cup diced celery
- 1 cup diced carrot
- 4 cups Beef Stock, divided
- 15 fresh thyme sprigs
- 7 fresh rosemary sprigs
- 3/4 cup instant polenta
- 1/2 teaspoon minced fresh rosemary leaves
- 1/2 teaspoon minced fresh thyme leaves
- 3 green onions, green part only, cut diagonally into 1/8-inch strips
- Garnish: shoestring potatoes (optional)



1. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. Heat large skillet over medium-high heat until hot; coat with cooking spray. Brown half ribs evenly, about 4 to 5 minutes per side; remove from skillet. Repeat remaining ribs; remove ribs from skillet. Reduce heat to low; add wine. Cook 1 to 2 minutes until browned bits attached to skillet are dissolved.
2. Add onions, celery and carrot to slow cooker. Place ribs on vegetables. Pour wine mixture over ribs. Add 1 cup Roasted Beef Stock, thyme and rosemary sprigs. Cover; cook HIGH 6 hours or LOW 7 hours or until beef is fork-tender.
3. Meanwhile, cook polenta according to package instructions, replacing water with Beef Stock. Stir in 1/2 teaspoon chopped rosemary and 1/2 teaspoon chopped thyme. Season with salt and pepper, if desired.
4. Line 8 by 8-inch baking dish with aluminum foil. Coat with cooking spray. Pour polenta into prepared dish, spreading evenly. Cover and refrigerate until cool.
5. Invert polenta onto cutting board. Cut into 6 equal squares. Cut each square diagonally in half, forming a triangle. Cover with plastic wrap; refrigerate until ready to use.
6. Place green onions in small bowl of ice water. Cover; refrigerate until ready to use.
7. Heat 1 teaspoon oil in large nonstick skillet over medium-high heat until hot. Add half of polenta triangles; cook 3 to 4 minutes per side until golden brown and slightly crispy. Remove polenta from skillet to same baking sheet. Repeat using remaining 1 teaspoon oil and remaining polenta triangles, if needed. Remove from skillet to baking sheet. Keep warm in 170°F oven until ready to use.
8. Remove ribs from slow cooker; keep warm. Discard thyme and rosemary sprigs from slow cooker. Strain cooking liquid through colander or fine mesh strainer; discard vegetables.
9. Place 2 polenta triangles into each of four large shallow bowls; top with ribs. Pour 1/3 cup cooking liquid over ribs. Drain green onions from water. Garnish with green onion and shoestring potatoes, as desired.

**ALTERNATE COOKING METHOD:** This recipe can be made in a 6-quart electric pressure cooker. Mix flour, salt and pepper in medium bowl. Coat beef Short Ribs in flour mixture. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using olive oil as needed. Add 1/2 cup wine, onions, celery, carrot, 1/2 cup stock, thyme and rosemary in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove thyme and rosemary. Continue as directed in step 3. (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.)

## Mediterranean Beef with Mixed Olives and Feta

*A slow cooker dish that's big on flavor! Beef Stew Meat is cooked to fork-tender perfection along with canned tomatoes and olives. Rice and feta cheese round out the meal.*

Total Recipe Time: 6 hours

Makes 6 servings

- 2 pounds beef Stew Meat, cut into 1/2 to 3/4-inch pieces
- 2 cans (14-1/2 to 15 ounces each) chili-seasoned diced tomatoes, undrained
- 1 cup assorted olives, pitted, cut in half
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 cups cooked basmati rice
- 1/2 cup crumbled feta cheese



1. Place beef Stew Meat, tomatoes and olives in 3-1/2 to 5-1/2-quart slow cooker. 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.) Season with salt and pepper, as desired.
2. Serve over rice, as desired. Sprinkle with cheese.

*Cook's Tip:* For more Mediterranean flavor, add grated lemon peel to the cooked basmati rice.

**ALTERNATE COOKING METHOD:** This recipe can be made in a 6-quart electric pressure cooker. Place beef Stew Meat, tomatoes, olives, salt and pepper in pressure cooker; mix well. Close and lock pressure cooker lid. Use meat, stew or high-pressure setting on pressure cooker; program 22 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Continue as directed in step 2. (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.)

## Slow-Cooker Beef Short Ribs with Ginger-Mango BBQ Sauce

*Combine juicy mango and classic barbecue sauce for an unexpected tangy addition to melt-in-your-mouth slow cooked Boneless Beef Short Ribs.*

Total Recipe Time: 8 hours 45 minutes

Makes 6 servings

- 2 pounds beef Short Ribs Boneless, cut 2 x 2 x 4-inch pieces
- 1-1/2 cups diced fresh or jarred mango, drained
- 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.

**ALTERNATE COOKING METHOD:** This recipe can be made in a 6-quart electric pressure cooker. Place beef Short Ribs and onion in pressure cooker; add 1/2 cup beef broth. Close and lock pressure cooker lid. Use beef, stew or high-pressure setting on pressure cooker; program 60 minutes on pressure cooker timer. Meanwhile, combine 1-1/2 cups mango, ginger and barbecue sauce in medium saucepan. Simmer 20 to 30 minutes until desired thickness is reached. Use quick-release feature to release pressure; carefully remove lid. Continue as directed in Step 2. Serve ribs with prepared 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 the manufacturer's instructions.)

# Slow-Cooked Mediterranean Braised Beef

*Looking for a new flavorful roast recipe? Try this triple-tested Mediterranean-style beef roast with onions, shallots and dates.*

Total Recipe Time: 8 hours 15 minutes

Makes 6 servings

- 1 beef Arm Chuck Roast, 2-1/2 to 3 pounds)
- 1/4 cup all-purpose flour
- 1 cup water
- 1/4 cup balsamic vinegar
- 2 small onions, halved, sliced
- 4 medium shallots, sliced
- 1/4 cup chopped pitted dates
- 1/2 teaspoon salt
- 1/4 to 1/2 teaspoon pepper



1. Place beef Arm Chuck Roast in 4-1/2 to 5-1/2-quart slow cooker and lightly cover with flour. Combine water, vinegar, onions, shallots, dates, salt and pepper in medium bowl; pour over beef. Cook on HIGH 4 hours and on LOW 8 hours. (No stirring is necessary during cooking.) Remove pot roast; keep warm.
2. In a medium saucepan, cook liquid and vegetables over medium-high heat to desired consistency. Carve pot roast. Serve with sauce.

**ALTERNATE COOKING METHOD:** This recipe can be made in a 6-quart electric pressure cooker. Whisk flour and 1/2 cup water in medium bowl; stir in vinegar, dates, salt and pepper. Place beef Chuck Roast, onions and shallots in pressure cooker; add flour mixture. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Continue as directed in step 2. (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.)

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