**Crockpot cooking**

**Tips and Tricks:**

\*Choose the right cut \*Trim fat

\*Keep the lid closed \*Layer wisely

\*Care for your crock \* The heat level

\*Browning boosts flavor \*Add dairy last

\*Don't use frozen food \*End on a fresh note

\*Avoid overcrowding \*Unplugged means unusable

<http://www.foodnetwork.com/how-to/articles/15-tips-for-slow-cooker-meals.html>

\*Use crockpot liners or spray your crockpot for easy cleanup.

\*Veggies generally cook slower than meat so place them underneath the meat in the crockpot.

\* **Pasta** retains the best texture when cooked separately, according to package directions. Add cooked pasta to the slow cooker during the last 30 minutes of cooking.

\* Cut **whole chickens and** large pieces of meat in half before placing in the slow cooker to make sure they cook thoroughly.

**CROCKPOT CONVERSIONS**

HIGH LOW

 3 hrs 7 hrs

 4 hrs 8 hrs

 5 hrs 9 hrs 6 hrs 10 hrs 7 hrs 11 hrs

 8 hrs 12 hrs

**RECIPES**

**Italian Meatballs**

**Ingredients:**

1 lb. ground beef

1 egg

1/3 cup breadcrumbs with Italian seasoning

¼ cup grated parmesan cheese

28 oz. tomato sauce or crushed tomato with Italian seasoning

1. Pour tomato sauce in crockpot and turn on low heat.
2. In a bowl combine all other ingredients.
3. Shape into meatballs, drop into crockpot.
4. Cook on low for 5-6 hours.

**Ranch Pork Chops**

**Ingredients:**

4-6 pork chops

1 envelope of dry ranch dressing mix

2 cans cream of chicken soup

Put all ingredients in crockpot and cook on low for 4-6 hours

**Queso**

**Ingredients:**

¾ lbs. lean ground beef

2 lbs. block Velveeta, cubed

2 (10 oz.) cans Rotel tomatoes

1 (7 oz.) can diced, roasted green chiles

1. Brown and drain ground beef.
2. Combine all the ingredients in crockpot. Melt on low 2-3 hours until smooth.